



22. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 18.06.2022

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Arnstadt läuft...

□□□: 17:11:52

□□: 107

□□: 9.77 km/h

□□□□: 6:07 min/km

□□: 168.70 km

Hörschel-Blankenstein

□□□□□: 121 (of 177)

□□□□□□: 11:15:57

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□□□□□: 94(of 118)

Männerstaffel

□□□□□□□: 11:15:57

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:10:40	5:02	28	12:15	32	12:15	14.00	1:10:40	5:02	28	12:15	32	12:15
Kleiner Inselsber	19.60	1:58:25	6:02	93	41:16	128	41:16	33.60	3:09:05	5:37	65	53:15	85	53:15
Neue Ausspanne	14.00	1:16:56	5:29	60	26:00	71	26:00	47.60	4:26:01	5:35	64	1:19:15	78	1:19:15
Grenzadler	13.70	1:31:20	6:40	103	39:38	143	39:38	61.30	5:57:21	5:49	76	1:56:34	94	1:56:34
Allzunah	19.90	2:20:17	7:02	113	1:04:26	168	1:04:26	81.20	8:17:38	6:07	102	2:58:56	140	2:58:56
Masserberg	17.90	2:17:58	7:42	110	1:01:22	163	1:01:22	99.10	10:35:36	6:24	110	3:50:07	155	3:50:07
Neuhaus	19.90	1:57:00	5:52	63	48:37	85	48:37	119.00	12:32:36	6:19	107	4:27:24	145	4:27:24
Schildwiese	13.50	1:08:16	5:03	18	15:50	25	15:50	132.50	13:40:52	6:11	99	4:43:14	131	4:43:14
Brennersgrün	15.90	1:30:44	5:42	61	27:20	79	27:20	148.40	15:11:36	6:08	94	5:09:07	122	5:09:07
Blankenstein	20.30	2:00:16	5:55	81	46:48	113	46:48	168.70	17:11:52	6:06	94	5:55:55	121	5:55:55