



22. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 18.06.2022

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Road Runners Altenburg

□□□: 19:06:55

□□: 546

□□: 8.79 km/h

□□□□: 6:48 min/km

□□: 168.70 km

Hörschel-Blankenstein

□□□□□: 169 (of 177)

□□□□□□: 11:15:57

□□□□:

□□□□□: 46(of 48)

Mixstaffel

□□□□□□□: 13:35:41

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:28:56	6:21	32	29:11	146	30:31	14.00	1:28:56	6:21	32	29:11	178	30:31
Kleiner Inselsber	19.60	2:05:18	6:23	39	41:21	150	48:09	33.60	3:34:14	6:22	39	57:46	178	1:18:24
Neue Ausspanne	14.00	1:29:19	6:22	28	18:42	136	38:23	47.60	5:03:33	6:22	38	1:12:58	178	1:56:47
Grenzdler	13.70	1:37:03	7:05	38	38:21	159	45:21	61.30	6:40:36	6:32	39	1:44:52	177	2:39:49
Allzunah	19.90	1:54:39	5:45	29	32:18	107	38:48	81.20	8:35:15	6:20	38	2:10:58	176	3:16:33
Masserberg	17.90	2:32:52	8:32	47	1:13:35	173	1:16:16	99.10	11:08:07	6:44	42	3:13:31	175	4:22:38
Neuhaus	19.90	2:40:00	8:02	46	1:18:56	169	1:31:37	119.00	13:48:07	6:57	47	4:01:47	176	5:42:55
Schildwiese	13.50	fehlt!	-	-	-	-	-	132.50	-	-	-	-	-	-
Brennersgrün	15.90	3:35:00	13:31	48	2:28:54	176	2:31:36	148.40	17:23:07	7:01	47	5:21:47	177	7:20:38
Blankenstein	20.30	1:43:48	5:06	12	18:46	52	30:20	168.70	19:06:55	6:47	47	5:31:14	172	7:50:58