



22. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 18.06.2022

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Mittwochslaufrunde Königsee

□□□: 16:23:05

□□: 181

□□: 10.25 km/h

□□□□: 5:50 min/km

□□: 168.70 km

Hörschel-Blankenstein

□□□□□: 75 (of 177)

□□□□□□: 11:15:57

□□□□:

□□□□□: 58(of 118)

Männerstaffel

□□□□□□□: 11:15:57

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| □□□ | □□ km | □□ □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ | □□ | □□ | □□ | |
|-------------------|----------|-----------------|---------|---------|-----------|-----------|-------|--------|----------|------|-----|---------|-----|---------|
| Hohe Sonne | 14.00 | 1:28:48 | 6:20 | 107 | 30:23 | 144 | 30:23 | 14.00 | 1:28:48 | 6:20 | 107 | 30:23 | 144 | 30:23 |
| Kleiner Inselsber | 19.60 | 1:48:48 | 5:33 | 65 | 31:39 | 90 | 31:39 | 33.60 | 3:17:36 | 5:52 | 92 | 1:01:46 | 118 | 1:01:46 |
| Neue Ausspanne | 14.00 | 1:12:02 | 5:08 | 39 | 21:06 | 43 | 21:06 | 47.60 | 4:29:38 | 5:39 | 67 | 1:22:52 | 84 | 1:22:52 |
| Grenzadler | 13.70 | 1:22:53 | 6:02 | 79 | 31:11 | 102 | 31:11 | 61.30 | 5:52:31 | 5:45 | 67 | 1:51:44 | 83 | 1:51:44 |
| Allzunah | 19.90 | 1:43:27 | 5:11 | 45 | 27:36 | 63 | 27:36 | 81.20 | 7:35:58 | 5:36 | 62 | 2:17:16 | 76 | 2:17:16 |
| Masserberg | 17.90 | 1:55:45 | 6:27 | 80 | 39:09 | 109 | 39:09 | 99.10 | 9:31:43 | 5:46 | 63 | 2:46:14 | 77 | 2:46:14 |
| Neuhaus | 19.90 | 2:00:06 | 6:02 | 69 | 51:43 | 94 | 51:43 | 119.00 | 11:31:49 | 5:48 | 64 | 3:26:37 | 80 | 3:26:37 |
| Schildwiese | 13.50 | 1:25:58 | 6:22 | 77 | 33:32 | 109 | 33:32 | 132.50 | 12:57:47 | 5:52 | 67 | 4:00:09 | 84 | 4:00:09 |
| Brennersgrün | 15.90 | 1:39:43 | 6:16 | 86 | 36:19 | 118 | 36:19 | 148.40 | 14:37:30 | 5:54 | 70 | 4:35:01 | 89 | 4:35:01 |
| Blankenstein | 20.30 | 1:45:35 | 5:12 | 41 | 32:07 | 57 | 32:07 | 168.70 | 16:23:05 | 5:49 | 58 | 5:07:08 | 75 | 5:07:08 |