



22. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 18.06.2022

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Erfurter Unikate

□□□: 17:47:54

□□: 514

□□: 9.44 km/h

□□□□: 6:20 min/km

□□: 168.70 km

Hörschel-Blankenstein

□□□□□: 146 (of 177)

□□□□□□: 11:15:57

□□□□:

□□□□□: 33(of 48)

Mixstaffel

□□□□□□□: 13:35:41

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:11:18	5:05	5	11:33	34	12:53	14.00	1:11:18	5:05	5	11:33	178	12:53
Kleiner Inselsber	19.60	2:10:10	6:38	43	46:13	162	53:01	33.60	3:21:28	5:59	27	45:00	178	1:05:38
Neue Ausspanne	14.00	1:26:09	6:09	25	15:32	122	35:13	47.60	4:47:37	6:02	25	57:02	178	1:40:51
Grenzadler	13.70	1:30:08	6:34	30	31:26	138	38:26	61.30	6:17:45	6:09	31	1:22:01	177	2:16:58
Allzunah	19.90	2:02:32	6:09	35	40:11	132	46:41	81.20	8:20:17	6:09	32	1:56:00	176	3:01:35
Masserberg	17.90	1:47:52	6:01	13	28:35	70	31:16	99.10	10:08:09	6:08	29	2:13:33	175	3:22:40
Neuhaus	19.90	2:27:37	7:25	40	1:06:33	158	1:19:14	119.00	12:35:46	6:21	33	2:49:26	176	4:30:34
Schildwiese	13.50	1:35:19	7:03	37	34:36	139	42:53	132.50	14:11:05	6:25	34	3:20:21	169	5:13:27
Brennersgrün	15.90	1:26:49	5:27	9	20:43	60	23:25	148.40	15:37:54	6:19	32	3:36:34	177	5:35:25
Blankenstein	20.30	2:10:00	6:24	38	44:58	140	56:32	168.70	17:47:54	6:19	33	4:12:13	147	6:31:57