



# 22. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 18.06.2022

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Schwabenpfeil

□□□: 17:30:10

□□: 195

□□: 9.64 km/h

□□□□: 6:14 min/km

□□: 168.70 km

Hörschel-Blankenstein

□□□□□: 133 (of 177)

□□□□□□: 11:15:57

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□□□□□: 101(of 118)

Männerstaffel

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| □□□               | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ | □□□    | □□□      | □□□  | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Hohe Sonne        | 14.00    | 1:21:04  | 5:47         | 73      | 22:39   | 99        | 22:39     | 14.00  | 1:21:04  | 5:47 | 73      | 22:39   | 99        | 22:39     |
| Kleiner Inselsber | 19.60    | 1:51:15  | 5:40         | 73      | 34:06   | 100       | 34:06     | 33.60  | 3:12:19  | 5:43 | 76      | 56:29   | 99        | 56:29     |
| Neue Ausspanne    | 14.00    | 1:33:03  | 6:38         | 110     | 42:07   | 156       | 42:07     | 47.60  | 4:45:22  | 5:59 | 94      | 1:38:36 | 121       | 1:38:36   |
| Grenzdler         | 13.70    | 1:35:56  | 7:00         | 111     | 44:14   | 158       | 44:14     | 61.30  | 6:21:18  | 6:13 | 105     | 2:20:31 | 143       | 2:20:31   |
| Allzunah          | 19.90    | 1:59:58  | 6:01         | 86      | 44:07   | 125       | 44:07     | 81.20  | 8:21:16  | 6:10 | 104     | 3:02:34 | 144       | 3:02:34   |
| Masserberg        | 17.90    | 2:31:00  | 8:26         | 115     | 1:14:24 | 172       | 1:14:24   | 99.10  | 10:52:16 | 6:34 | 115     | 4:06:47 | 162       | 4:06:47   |
| Neuhaus           | 19.90    | 2:14:40  | 6:46         | 100     | 1:06:17 | 139       | 1:06:17   | 119.00 | 13:06:56 | 6:36 | 113     | 5:01:44 | 159       | 5:01:44   |
| Schildwiese       | 13.50    | 1:14:34  | 5:31         | 41      | 22:08   | 53        | 22:08     | 132.50 | 14:21:30 | 6:30 | 107     | 5:23:52 | 150       | 5:23:52   |
| Brennersgrün      | 15.90    | 1:23:42  | 5:15         | 38      | 20:18   | 43        | 20:18     | 148.40 | 15:45:12 | 6:22 | 110     | 5:42:43 | 152       | 5:42:43   |
| Blankenstein      | 20.30    | 1:44:58  | 5:10         | 38      | 31:30   | 54        | 31:30     | 168.70 | 17:30:10 | 6:13 | 102     | 6:14:13 | 134       | 6:14:13   |