



# 22. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 18.06.2022

□□□□

DKB Rennsteigexpress

□□□: 16:13:41

□□: 136

□□: 10.35 km/h

□□□□: 5:46 min/km

□□: 168.70 km

Hörschel-Blankenstein

□□□□□: 66 (of 177)

□□□□□□: 11:15:57

□□□□:

□□□□□: 51(of 118)

Männerstaffel

□□□□□□□: 11:15:57

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:09:37	4:58	21	11:12	23	11:12	14.00	1:09:37	4:58	21	11:12	23	11:12
Kleiner Inselsber	19.60	1:48:20	5:31	60	31:11	85	31:11	33.60	2:57:57	5:17	34	42:07	44	42:07
Neue Ausspanne	14.00	1:25:50	6:07	87	34:54	116	34:54	47.60	4:23:47	5:32	56	1:17:01	69	1:17:01
Grenzdler	13.70	1:11:41	5:13	32	19:59	42	19:59	61.30	5:35:28	5:28	42	1:34:41	49	1:34:41
Allzunah	19.90	1:34:24	4:44	14	18:33	22	18:33	81.20	7:09:52	5:17	36	1:51:10	44	1:51:10
Masserberg	17.90	2:10:28	7:17	105	53:52	152	53:52	99.10	9:20:20	5:39	46	2:34:51	58	2:34:51
Neuhaus	19.90	1:47:06	5:22	33	38:43	44	38:43	119.00	11:07:26	5:36	42	3:02:14	53	3:02:14
Schildwiese	13.50	2:01:51	9:01	110	1:09:25	167	1:09:25	132.50	13:09:17	5:57	78	4:11:39	98	4:11:39
Brennersgrün	15.90	1:31:13	5:44	62	27:49	80	27:49	148.40	14:40:30	5:55	71	4:38:01	91	4:38:01
Blankenstein	20.30	1:33:11	4:35	13	19:43	19	19:43	168.70	16:13:41	5:46	51	4:57:44	66	4:57:44