



# 22. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 18.06.2022

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fit & run Irrläufer

□□: 517

□□: 168.70 km

Hörschel-Blankenstein

□□□□:

Mixstaffel

□□□: 17:15:36

□□: 9.73 km/h

□□□□: 6:08 min/km

□□□□□: 124 (of 177)

□□□□□□: 11:15:57

□□□□□: 23(of 48)

□□□□□□□: 13:35:41

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:12:55	5:12	9	13:10	43	14:30	14.00	1:12:55	5:12	9	13:10	178	14:30
Kleiner Inselsber	19.60	1:53:50	5:48	23	29:53	108	36:41	33.60	3:06:45	5:33	16	30:17	178	50:55
Neue Ausspanne	14.00	1:35:05	6:47	39	24:28	161	44:09	47.60	4:41:50	5:55	17	51:15	178	1:35:04
Grenzadler	13.70	1:23:42	6:06	19	25:00	105	32:00	61.30	6:05:32	5:57	22	1:09:48	177	2:04:45
Allzunah	19.90	1:56:23	5:50	32	34:02	115	40:32	81.20	8:01:55	5:56	23	1:37:38	176	2:43:13
Masserberg	17.90	1:51:43	6:14	18	32:26	93	35:07	99.10	9:53:38	5:59	19	1:59:02	175	3:08:09
Neuhaus	19.90	2:13:39	6:42	29	52:35	136	1:05:16	119.00	12:07:17	6:06	24	2:20:57	176	4:02:05
Schildwiese	13.50	1:50:06	8:09	47	49:23	165	57:40	132.50	13:57:23	6:19	31	3:06:39	169	4:59:45
Brennersgrün	15.90	1:46:57	6:43	36	40:51	144	43:33	148.40	15:44:20	6:21	34	3:43:00	177	5:41:51
Blankenstein	20.30	1:31:16	4:29	4	6:14	15	17:48	168.70	17:15:36	6:08	23	3:39:55	125	5:59:39