



# 23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

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Pleißgirls Breitungen

□□□: 12:59:51

□□: 6

□□: 12.93 km/h

□□□□: 4:36 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 18 (of 191)

□□□□□□: 10:58:34

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□□□□□: 1(of 15)

Frauenstaffel

□□□□□□□: 12:59:51

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:14:06	5:17	2	7:18	66	17:52	14.00	1:14:06	5:17	2	7:18	192	17:52
Grenzwiese/Kleir	19.60	1:30:51	4:38	1	-	23	14:53	33.60	2:44:57	4:54	1	-	191	32:20
Neue Ausspanne	14.00	1:04:43	4:37	1	-	25	11:34	47.60	3:49:40	4:49	1	-	157	41:32
Grenzdler (Ober	13.70	1:04:07	4:40	1	-	19	12:15	61.30	4:53:47	4:47	1	-	191	49:37
Allzunah	19.90	1:21:57	4:07	1	-	16	13:53	81.20	6:15:44	4:37	1	-	191	1:00:37
Masserberg (Ren	17.90	1:31:01	5:05	4	7:44	59	22:41	99.10	7:46:45	4:42	1	-	191	1:17:16
Neuhaus (Rennst	19.90	1:34:52	4:46	1	-	33	17:54	119.00	9:21:37	4:43	1	-	191	1:30:38
Wanderhütte an	13.50	1:01:11	4:31	2	0:45	15	9:50	132.50	10:22:48	4:42	1	-	191	1:39:26
Brennersgrün	15.90	1:11:36	4:30	2	2:30	16	14:28	148.40	11:34:24	4:40	1	-	191	1:52:42
Blankenstein	20.30	1:25:27	4:12	3	1:25:27	19	1:25:27	168.97	12:59:51	4:36	1	-	18	2:01:17