



# 23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

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## Sömmerdaer Gipfelstürmerladies

□□□: 16:54:49

□□: Sömmerda

□□: 9.93 km/h

□□: 10

□□□□: 6:00 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 163 (of 191)

□□□□□□: 10:58:34

□□□□:

□□□□□: 10(of 15)

Frauenstaffel

□□□□□□□: 12:59:51

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:31:46	6:33	13	24:58	173	35:32	14.00	1:31:46	6:33	13	24:58	192	35:32
Grenzwiese/Kleir	19.60	2:12:37	6:45	13	41:46	179	56:39	33.60	3:44:23	6:40	12	59:26	191	1:31:46
Neue Ausspanne	14.00	1:25:51	6:07	12	21:08	146	32:42	47.60	5:10:14	6:31	11	1:20:34	191	2:02:06
Grenzdler (Ober	13.70	1:18:58	5:45	8	14:51	102	27:06	61.30	6:29:12	6:20	11	1:35:25	191	2:25:02
Allzunah	19.90	1:52:41	5:39	8	30:44	147	44:37	81.20	8:21:53	6:10	10	2:06:09	191	3:06:46
Masserberg (Ren	17.90	1:56:14	6:29	13	32:57	168	47:54	99.10	10:18:07	6:14	11	2:31:22	191	3:48:38
Neuhaus (Rennst	19.90	2:07:26	6:24	11	32:34	163	50:28	119.00	12:25:33	6:15	11	3:03:56	191	4:34:34
Wanderhütte an	13.50	1:21:44	6:03	9	21:18	127	30:23	132.50	13:47:17	6:14	11	3:24:29	191	5:03:55
Brennersgrün	15.90	1:25:26	5:22	7	16:20	83	28:18	148.40	15:12:43	6:09	11	3:38:19	191	5:31:01
Blankenstein	20.30	1:42:06	5:01	6	1:42:06	87	1:42:06	168.97	16:54:49	6:00	10	3:54:58	163	5:56:15