



23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

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N3 Sportverein e.V.

□□□: 15:58:53

□□: 164

□□: 10.57 km/h
□□□□: 5:40 min/km

□□: 168.97 km
Hörschel-Blankenstein

□□□□□: 112 (of 191)

□□□□□□: 10:58:34

□□□□:
Männerstaffel

□□□□□: 85(of 122)

□□□□□□□: 10:58:34

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:13:44	5:15	50	17:30	64	17:30	14.00	1:13:44	5:15	50	17:30	64	17:30
Grenzwiese/Kleir	19.60	1:46:44	5:26	65	30:46	88	30:46	33.60	3:00:28	5:22	51	47:51	70	47:51
Neue Ausspanne	14.00	1:27:32	6:15	103	34:23	156	34:23	47.60	4:28:00	5:37	78	1:19:52	101	1:19:52
Grenzdler (Ober	13.70	1:07:58	4:57	31	16:06	34	16:06	61.30	5:35:58	5:28	59	1:31:48	76	1:31:48
Allzunah	19.90	1:22:44	4:09	16	14:40	20	14:40	81.20	6:58:42	5:09	44	1:43:35	54	1:43:35
Masserberg (Ren	17.90	1:53:16	6:19	105	44:56	163	44:56	99.10	8:51:58	5:22	56	2:22:29	73	2:22:29
Neuhaus (Rennst	19.90	1:49:22	5:29	69	32:24	95	32:24	119.00	10:41:20	5:23	50	2:50:21	66	2:50:21
Wanderhütte an	13.50	1:20:39	5:58	95	29:18	124	29:18	132.50	12:01:59	5:26	54	3:18:37	71	3:18:37
Brennersgrün	15.90	1:44:17	6:33	109	47:09	171	47:09	148.40	13:46:16	5:34	77	4:04:34	101	4:04:34
Blankenstein	20.30	2:12:37	6:31	115	58:34	180	2:12:37	168.97	15:58:53	5:40	85	5:00:19	112	5:00:19