



23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

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Lars Steinike

□□□: 16:01:51

□□: 192

□□: 10.48 km/h
□□□□: 5:41 min/km

□□: 168.97 km
Hörschel-Blankenstein

□□□□□: 114 (of 191)

□□□□□□: 10:58:34

□□□□:
Männerstaffel

□□□□□: 86(of 122)

□□□□□□□: 10:58:34

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:28:47	6:20	111	32:33	159	32:33	14.00	1:28:47	6:20	111	32:33	159	32:33
Grenzwiese/Kleir	19.60	1:53:06	5:46	84	37:08	122	37:08	33.60	3:21:53	6:00	104	1:09:16	148	1:09:16
Neue Ausspanne	14.00	1:10:33	5:02	49	17:24	62	17:24	47.60	4:32:26	5:43	83	1:24:18	110	1:24:18
Grenzdler (Ober	13.70	1:05:02	4:44	20	13:10	22	13:10	61.30	5:37:28	5:30	62	1:33:18	79	1:33:18
Allzunah	19.90	1:55:48	5:49	102	47:44	155	47:44	81.20	7:33:16	5:34	74	2:18:09	97	2:18:09
Masserberg (Ren	17.90	1:36:09	5:22	60	27:49	82	27:49	99.10	9:09:25	5:32	74	2:39:56	97	2:39:56
Neuhaus (Rennst	19.90	1:48:05	5:25	65	31:07	89	31:07	119.00	10:57:30	5:31	71	3:06:31	92	3:06:31
Wanderhütte an	13.50	1:27:54	6:30	110	36:33	161	36:33	132.50	12:25:24	5:37	79	3:42:02	104	3:42:02
Brennersgrün	15.90	1:39:02	6:13	99	41:54	153	41:54	148.40	14:04:26	5:41	82	4:22:44	107	4:22:44
Blankenstein	20.30	1:57:25	5:47	91	43:22	140	1:57:25	168.97	16:01:51	5:41	86	5:03:17	114	5:03:17