



23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

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MOTEON & Freunde

□□□: 16:01:53

□□: 162

□□: 10.48 km/h

□□□□: 5:41 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 115 (of 191)

□□□□□□: 10:58:34

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□□□□□: 87(of 122)

Männerstaffel

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Hohe Sonne	14.00	1:21:33	5:49	95	25:19	131	25:19	14.00	1:21:33	5:49	95	25:19	131	25:19
Grenzwiese/Kleir	19.60	1:52:15	5:43	81	36:17	115	36:17	33.60	3:13:48	5:46	85	1:01:11	117	1:01:11
Neue Ausspanne	14.00	1:23:47	5:59	89	30:38	130	30:38	47.60	4:37:35	5:49	89	1:29:27	120	1:29:27
Grenzdler (Ober	13.70	1:16:51	5:36	67	24:59	90	24:59	61.30	5:54:26	5:46	87	1:50:16	117	1:50:16
Allzunah	19.90	1:23:57	4:13	17	15:53	22	15:53	81.20	7:18:23	5:23	61	2:03:16	79	2:03:16
Masserberg (Ren	17.90	1:48:03	6:02	99	39:43	148	39:43	99.10	9:06:26	5:30	67	2:36:57	89	2:36:57
Neuhaus (Rennst	19.90	1:52:35	5:39	80	35:37	112	35:37	119.00	10:59:01	5:32	72	3:08:02	94	3:08:02
Wanderhütte an	13.50	1:25:57	6:22	107	34:36	155	34:36	132.50	12:24:58	5:37	78	3:41:36	103	3:41:36
Brennersgrün	15.90	1:56:03	7:17	120	58:55	187	58:55	148.40	14:21:01	5:48	95	4:39:19	128	4:39:19
Blankenstein	20.30	1:40:52	4:58	62	26:49	79	1:40:52	168.97	16:01:53	5:41	87	5:03:19	115	5:03:19