



23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

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Adventslaufteam

□□□: 16:04:29

□□: 103

□□: 10.45 km/h

□□□□: 5:42 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 119 (of 191)

□□□□□□: 10:58:34

□□□□:

□□□□□: 90(of 122)

Männerstaffel

□□□□□□□: 10:58:34

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:22:42	5:54	100	26:28	137	26:28	14.00	1:22:42	5:54	100	26:28	137	26:28
Grenzwiese/Kleir	19.60	2:04:17	6:20	112	48:19	168	48:19	33.60	3:26:59	6:09	111	1:14:22	161	1:14:22
Neue Ausspanne	14.00	1:26:57	6:12	102	33:48	153	33:48	47.60	4:53:56	6:10	114	1:45:48	169	1:45:48
Grenzdler (Ober	13.70	1:18:24	5:43	70	26:32	98	26:32	61.30	6:12:20	6:04	110	2:08:10	155	2:08:10
Allzunah	19.90	1:45:19	5:17	86	37:15	119	37:15	81.20	7:57:39	5:52	105	2:42:32	147	2:42:32
Masserberg (Ren	17.90	1:49:59	6:08	103	41:39	156	41:39	99.10	9:47:38	5:55	106	3:18:09	151	3:18:09
Neuhaus (Rennst	19.90	1:55:32	5:48	86	38:34	120	38:34	119.00	11:43:10	5:54	104	3:52:11	148	3:52:11
Wanderhütte an	13.50	1:08:35	5:04	37	17:14	47	17:14	132.50	12:51:45	5:49	99	4:08:23	135	4:08:23
Brennersgrün	15.90	1:36:12	6:03	94	39:04	140	39:04	148.40	14:27:57	5:50	99	4:46:15	138	4:46:15
Blankenstein	20.30	1:36:32	4:45	39	22:29	54	1:36:32	168.97	16:04:29	5:42	90	5:05:55	119	5:05:55