



23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

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Energy Runners - Siemens Energy Generatorwerk Er

□□: 518

□□: 168.97 km

Hörschel-Blankenstein

□□□□:

Männerstaffel

□□: 10.44 km/h

□□□□: 5:42 min/km

□□□□□: 120 (of 191)

□□□□□□: 10:58:34

□□□□□: 91(of 122)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:19:59	5:42	85	23:45	116	23:45	14.00	1:19:59	5:42	85	23:45	116	23:45
Grenzwiese/Kleir	19.60	2:04:12	6:20	111	48:14	167	48:14	33.60	3:24:11	6:04	107	1:11:34	154	1:11:34
Neue Ausspanne	14.00	1:26:33	6:10	101	33:24	152	33:24	47.60	4:50:44	6:06	110	1:42:36	161	1:42:36
Grenzdler (Ober	13.70	1:20:31	5:52	76	28:39	108	28:39	61.30	6:11:15	6:03	107	2:07:05	151	2:07:05
Allzunah	19.90	1:33:54	4:43	41	25:50	58	25:50	81.20	7:45:09	5:43	89	2:30:02	123	2:30:02
Masserberg (Ren	17.90	1:41:55	5:41	83	33:35	114	33:35	99.10	9:27:04	5:43	90	2:57:35	121	2:57:35
Neuhaus (Rennst	19.90	2:10:59	6:34	113	54:01	171	54:01	119.00	11:38:03	5:51	101	3:47:04	143	3:47:04
Wanderhütte an	13.50	1:16:18	5:39	70	24:57	88	24:57	132.50	12:54:21	5:50	101	4:10:59	139	4:10:59
Brennersgrün	15.90	1:25:29	5:22	58	28:21	84	28:21	148.40	14:19:50	5:47	94	4:38:08	126	4:38:08
Blankenstein	20.30	1:45:32	5:11	73	31:29	100	1:45:32	168.97	16:05:22	5:42	91	5:06:48	120	5:06:48