



23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

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Waldläufer

□□□: 16:07:34

□□: 203

□□: 10.42 km/h

□□□□: 5:43 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 121 (of 191)

□□□□□□: 10:58:34

□□□□:

□□□□□: 92(of 122)

Männerstaffel

□□□□□□□: 10:58:34

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:24:20	6:01	105	28:06	150	28:06	14.00	1:24:20	6:01	105	28:06	150	28:06
Grenzwiese/Kleir	19.60	1:47:22	5:28	69	31:24	94	31:24	33.60	3:11:42	5:42	81	59:05	112	59:05
Neue Ausspanne	14.00	1:09:03	4:55	38	15:54	46	15:54	47.60	4:20:45	5:28	63	1:12:37	81	1:12:37
Grenzdler (Ober	13.70	1:20:59	5:54	79	29:07	112	29:07	61.30	5:41:44	5:34	69	1:37:34	87	1:37:34
Allzunah	19.90	1:19:24	3:59	9	11:20	10	11:20	81.20	7:01:08	5:11	45	1:46:01	56	1:46:01
Masserberg (Ren	17.90	1:38:09	5:28	70	29:49	97	29:49	99.10	8:39:17	5:14	44	2:09:48	55	2:09:48
Neuhaus (Rennst	19.90	2:14:28	6:45	118	57:30	178	57:30	119.00	10:53:45	5:29	65	3:02:46	85	3:02:46
Wanderhütte an	13.50	1:36:28	7:08	117	45:07	182	45:07	132.50	12:30:13	5:39	84	3:46:51	110	3:46:51
Brennersgrün	15.90	1:31:43	5:46	86	34:35	123	34:35	148.40	14:01:56	5:40	81	4:20:14	106	4:20:14
Blankenstein	20.30	2:05:38	6:11	109	51:35	169	2:05:38	168.97	16:07:34	5:43	92	5:09:00	121	5:09:00