



# 23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

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Gü-We-Läufer

□□□: 16:08:58

□□: 136

□□: 10.40 km/h  
□□□□: 5:44 min/km

□□: 168.97 km  
Hörschel-Blankenstein

□□□□□: 124 (of 191)

□□□□□□: 10:58:34

□□□□:  
Männerstaffel

□□□□□: 93(of 122)

□□□□□□□: 10:58:34

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:26:27	6:10	109	30:13	156	30:13	14.00	1:26:27	6:10	109	30:13	156	30:13
Grenzwiese/Kleir	19.60	1:41:42	5:11	48	25:44	66	25:44	33.60	3:08:09	5:35	75	55:32	102	55:32
Neue Ausspanne	14.00	1:16:17	5:26	68	23:08	91	23:08	47.60	4:24:26	5:33	71	1:16:18	90	1:16:18
Grenzdler (Ober	13.70	1:17:36	5:39	69	25:44	95	25:44	61.30	5:42:02	5:34	70	1:37:52	88	1:37:52
Allzunah	19.90	2:15:17	6:47	118	1:07:13	185	1:07:13	81.20	7:57:19	5:52	104	2:42:12	146	2:42:12
Masserberg (Ren	17.90	1:45:31	5:53	92	37:11	137	37:11	99.10	9:42:50	5:52	104	3:13:21	147	3:13:21
Neuhaus (Rennst	19.90	1:52:23	5:38	79	35:25	111	35:25	119.00	11:35:13	5:50	99	3:44:14	139	3:44:14
Wanderhütte an	13.50	1:14:50	5:32	67	23:29	81	23:29	132.50	12:50:03	5:48	98	4:06:41	131	4:06:41
Brennersgrün	15.90	1:36:25	6:03	95	39:17	143	39:17	148.40	14:26:28	5:50	97	4:44:46	135	4:44:46
Blankenstein	20.30	1:42:30	5:02	69	28:27	90	1:42:30	168.97	16:08:58	5:44	93	5:10:24	124	5:10:24