



23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

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Didaktische Reserve

□□□: 16:14:38

□□: 510

□□: 10.34 km/h

□□□□: 5:46 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 131 (of 191)

□□□□□□: 10:58:34

□□□□:

□□□□□: 95(of 122)

Männerstaffel

□□□□□□□: 10:58:34

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:19:01	5:38	80	22:47	109	22:47	14.00	1:19:01	5:38	80	22:47	109	22:47
Grenzwiese/Kleir	19.60	1:57:24	5:59	96	41:26	141	41:26	33.60	3:16:25	5:50	91	1:03:48	129	1:03:48
Neue Ausspanne	14.00	1:31:18	6:31	112	38:09	170	38:09	47.60	4:47:43	6:02	105	1:39:35	152	1:39:35
Grenzdler (Ober	13.70	1:20:58	5:54	78	29:06	111	29:06	61.30	6:08:41	6:00	100	2:04:31	138	2:04:31
Allzunah	19.90	1:50:36	5:33	95	42:32	139	42:32	81.20	7:59:17	5:54	107	2:44:10	149	2:44:10
Masserberg (Ren	17.90	1:28:28	4:56	28	20:08	39	20:08	99.10	9:27:45	5:43	91	2:58:16	122	2:58:16
Neuhaus (Rennst	19.90	1:46:14	5:20	55	29:16	76	29:16	119.00	11:13:59	5:39	86	3:23:00	111	3:23:00
Wanderhütte an	13.50	1:14:37	5:31	62	23:16	76	23:16	132.50	12:28:36	5:38	82	3:45:14	108	3:45:14
Brennersgrün	15.90	1:35:57	6:02	93	38:49	139	38:49	148.40	14:04:33	5:41	83	4:22:51	108	4:22:51
Blankenstein	20.30	2:10:05	6:24	113	56:02	177	2:10:05	168.97	16:14:38	5:46	95	5:16:04	131	5:16:04