



23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

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Die flinken Gerataler

□□□: 16:16:24

□□: 117

□□: 10.32 km/h

□□□□: 5:46 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 135 (of 191)

□□□□□□: 10:58:34

□□□□:

□□□□□: 97(of 122)

Männerstaffel

□□□□□□□: 10:58:34

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Hohe Sonne	14.00	1:16:17	5:26	61	20:03	77	20:03	14.00	1:16:17	5:26	61	20:03	77	20:03
Grenzwiese/Kleir	19.60	1:59:41	6:06	101	43:43	152	43:43	33.60	3:15:58	5:49	89	1:03:21	127	1:03:21
Neue Ausspanne	14.00	1:21:34	5:49	85	28:25	119	28:25	47.60	4:37:32	5:49	88	1:29:24	119	1:29:24
Grenzdler (Ober	13.70	1:25:27	6:14	92	33:35	135	33:35	61.30	6:02:59	5:55	95	1:58:49	129	1:58:49
Allzunah	19.90	1:42:45	5:09	74	34:41	104	34:41	81.20	7:45:44	5:44	91	2:30:37	125	2:30:37
Masserberg (Ren	17.90	2:02:31	6:50	115	54:11	180	54:11	99.10	9:48:15	5:56	107	3:18:46	152	3:18:46
Neuhaus (Rennst	19.90	1:51:08	5:35	76	34:10	104	34:10	119.00	11:39:23	5:52	102	3:48:24	145	3:48:24
Wanderhütte an	13.50	1:23:17	6:10	99	31:56	138	31:56	132.50	13:02:40	5:54	103	4:19:18	146	4:19:18
Brennersgrün	15.90	1:31:35	5:45	84	34:27	121	34:27	148.40	14:34:15	5:53	103	4:52:33	146	4:52:33
Blankenstein	20.30	1:42:09	5:01	67	28:06	88	1:42:09	168.97	16:16:24	5:46	97	5:17:50	135	5:17:50