



23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

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Luise läuft

□□: Königin-Luise-Gymnasium Erfurt
 □□: 159

□□: 168.97 km
 Hörschel-Blankenstein

□□□□:
 Männerstaffel

□□□: 16:17:48

□□: 10.31 km/h
 □□□□: 5:47 min/km

□□□□□: 136 (of 191)

□□□□□□: 10:58:34

□□□□□: 98(of 122)

□□□□□□□: 10:58:34

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:19:07	5:39	81	22:53	110	22:53	14.00	1:19:07	5:39	81	22:53	110	22:53
Grenzwiese/Kleir	19.60	2:14:11	6:50	117	58:13	181	58:13	33.60	3:33:18	6:20	115	1:20:41	171	1:20:41
Neue Ausspanne	14.00	1:20:13	5:43	83	27:04	116	27:04	47.60	4:53:31	6:09	113	1:45:23	168	1:45:23
Grenzdler (Ober	13.70	1:13:40	5:22	48	21:48	64	21:48	61.30	6:07:11	5:59	98	2:03:01	135	2:03:01
Allzunah	19.90	1:38:04	4:55	56	30:00	77	30:00	81.20	7:45:15	5:43	90	2:30:08	124	2:30:08
Masserberg (Ren	17.90	1:41:33	5:40	82	33:13	113	33:13	99.10	9:26:48	5:43	89	2:57:19	120	2:57:19
Neuhaus (Rennst	19.90	1:41:43	5:06	40	24:45	52	24:45	119.00	11:08:31	5:37	80	3:17:32	105	3:17:32
Wanderhütte an	13.50	1:24:17	6:14	101	32:56	143	32:56	132.50	12:32:48	5:40	86	3:49:26	112	3:49:26
Brennersgrün	15.90	1:33:23	5:52	89	36:15	132	36:15	148.40	14:06:11	5:42	84	4:24:29	110	4:24:29
Blankenstein	20.30	2:11:37	6:29	114	57:34	178	2:11:37	168.97	16:17:48	5:47	98	5:19:14	136	5:19:14