



23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

□□□□

Hirschvogel

□□□: 16:36:25

□□: 142

□□: 10.12 km/h

□□□□: 5:53 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 146 (of 191)

□□□□□□: 10:58:34

□□□□:

□□□□□: 102(of 122)

Männerstaffel

□□□□□□□: 10:58:34

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:18:27	5:36	75	22:13	99	22:13	14.00	1:18:27	5:36	75	22:13	99	22:13
Grenzwiese/Kleir	19.60	1:49:01	5:33	71	33:03	100	33:03	33.60	3:07:28	5:34	73	54:51	98	54:51
Neue Ausspanne	14.00	1:07:08	4:47	30	13:59	36	13:59	47.60	4:14:36	5:20	51	1:06:28	66	1:06:28
Grenzdler (Ober	13.70	1:37:40	7:07	119	45:48	182	45:48	61.30	5:52:16	5:44	85	1:48:06	113	1:48:06
Allzunah	19.90	2:25:08	7:17	121	1:17:04	190	1:17:04	81.20	8:17:24	6:07	115	3:02:17	170	3:02:17
Masserberg (Ren	17.90	1:59:35	6:40	112	51:15	174	51:15	99.10	10:16:59	6:13	117	3:47:30	176	3:47:30
Neuhaus (Rennst	19.90	1:38:48	4:57	33	21:50	43	21:50	119.00	11:55:47	6:00	109	4:04:48	158	4:04:48
Wanderhütte an	13.50	1:14:40	5:31	63	23:19	77	23:19	132.50	13:10:27	5:57	105	4:27:05	151	4:27:05
Brennersgrün	15.90	1:23:20	5:14	50	26:12	69	26:12	148.40	14:33:47	5:53	102	4:52:05	144	4:52:05
Blankenstein	20.30	2:02:38	6:02	101	48:35	156	2:02:38	168.97	16:36:25	5:53	102	5:37:51	146	5:37:51