



# 23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

□□□□

Tonnados

□□□: 16:40:14

□□: 572

□□: 10.08 km/h

□□□□: 5:55 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 150 (of 191)

□□□□□□: 10:58:34

□□□□:

□□□□□: 105(of 122)

Männerstaffel

□□□□□□□: 10:58:34

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:32:43	6:37	117	36:29	176	36:29	14.00	1:32:43	6:37	117	36:29	176	36:29
Grenzwiese/Kleir	19.60	2:04:28	6:21	113	48:30	169	48:30	33.60	3:37:11	6:27	118	1:24:34	176	1:24:34
Neue Ausspanne	14.00	1:03:39	4:32	17	10:30	19	10:30	47.60	4:40:50	5:53	94	1:32:42	132	1:32:42
Grenzdler (Ober	13.70	1:27:52	6:24	104	36:00	155	36:00	61.30	6:08:42	6:00	101	2:04:32	139	2:04:32
Allzunah	19.90	1:35:50	4:48	47	27:46	64	27:46	81.20	7:44:32	5:43	88	2:29:25	122	2:29:25
Masserberg (Ren	17.90	1:29:59	5:01	36	21:39	51	21:39	99.10	9:14:31	5:35	81	2:45:02	106	2:45:02
Neuhaus (Rennst	19.90	1:56:49	5:52	89	39:51	125	39:51	119.00	11:11:20	5:38	84	3:20:21	109	3:20:21
Wanderhütte an	13.50	1:31:47	6:47	114	40:26	171	40:26	132.50	12:43:07	5:45	92	3:59:45	123	3:59:45
Brennersgrün	15.90	1:54:46	7:13	119	57:38	186	57:38	148.40	14:37:53	5:54	104	4:56:11	148	4:56:11
Blankenstein	20.30	2:02:21	6:01	99	48:18	154	2:02:21	168.97	16:40:14	5:55	105	5:41:40	150	5:41:40