



23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

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Stiftung Wadentest

□□□: 17:02:23

□□: 179

□□: 9.86 km/h

□□□□: 6:03 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 165 (of 191)

□□□□□□: 10:58:34

□□□□:

□□□□□: 111(of 122)

Männerstaffel

□□□□□□□: 10:58:34

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:30:11	6:26	114	33:57	167	33:57	14.00	1:30:11	6:26	114	33:57	167	33:57
Grenzwiese/Kleir	19.60	1:54:06	5:49	90	38:08	128	38:08	33.60	3:24:17	6:04	108	1:11:40	155	1:11:40
Neue Ausspanne	14.00	1:31:42	6:32	115	38:33	175	38:33	47.60	4:55:59	6:13	116	1:47:51	173	1:47:51
Grenzdler (Ober	13.70	1:19:53	5:49	75	28:01	107	28:01	61.30	6:15:52	6:07	112	2:11:42	163	2:11:42
Allzunah	19.90	1:38:13	4:56	57	30:09	78	30:09	81.20	7:54:05	5:50	98	2:38:58	135	2:38:58
Masserberg (Ren	17.90	1:46:57	5:58	96	38:37	145	38:37	99.10	9:41:02	5:51	100	3:11:33	143	3:11:33
Neuhaus (Rennst	19.90	2:03:52	6:13	103	46:54	153	46:54	119.00	11:44:54	5:55	105	3:53:55	150	3:53:55
Wanderhütte an	13.50	1:30:11	6:40	112	38:50	168	38:50	132.50	13:15:05	6:00	107	4:31:43	153	4:31:43
Brennersgrün	15.90	1:40:21	6:18	102	43:13	159	43:13	148.40	14:55:26	6:02	110	5:13:44	162	5:13:44
Blankenstein	20.30	2:06:57	6:15	111	52:54	172	2:06:57	168.97	17:02:23	6:03	111	6:03:49	165	6:03:49