



23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

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LG Rippershausen

□□□: 17:07:25

□□: 157

□□: 9.87 km/h

□□□□: 6:04 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 167 (of 191)

□□□□□□: 10:58:34

□□□□:

□□□□□: 113(of 122)

Männerstaffel

□□□□□□□: 10:58:34

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Hohe Sonne | 14.00 | 1:23:38 | 5:58 | 102 | 27:24 | 143 | 27:24 | 14.00 | 1:23:38 | 5:58 | 102 | 27:24 | 143 | 27:24 |
| Grenzwiese/Kleir | 19.60 | 1:54:22 | 5:50 | 91 | 38:24 | 129 | 38:24 | 33.60 | 3:18:00 | 5:53 | 94 | 1:05:23 | 134 | 1:05:23 |
| Neue Ausspanne | 14.00 | 1:23:14 | 5:56 | 87 | 30:05 | 128 | 30:05 | 47.60 | 4:41:14 | 5:54 | 98 | 1:33:06 | 136 | 1:33:06 |
| Grenzdler (Ober | 13.70 | 1:28:28 | 6:27 | 106 | 36:36 | 158 | 36:36 | 61.30 | 6:09:42 | 6:01 | 104 | 2:05:32 | 144 | 2:05:32 |
| Allzunah | 19.90 | 1:40:05 | 5:01 | 63 | 32:01 | 85 | 32:01 | 81.20 | 7:49:47 | 5:47 | 96 | 2:34:40 | 131 | 2:34:40 |
| Masserberg (Ren | 17.90 | 1:59:43 | 6:41 | 113 | 51:23 | 176 | 51:23 | 99.10 | 9:49:30 | 5:56 | 108 | 3:20:01 | 154 | 3:20:01 |
| Neuhaus (Rennst | 19.90 | 2:04:40 | 6:15 | 106 | 47:42 | 156 | 47:42 | 119.00 | 11:54:10 | 6:00 | 108 | 4:03:11 | 157 | 4:03:11 |
| Wanderhütte an | 13.50 | 1:44:51 | 7:46 | 121 | 53:30 | 189 | 53:30 | 132.50 | 13:39:01 | 6:10 | 115 | 4:55:39 | 170 | 4:55:39 |
| Brennersgrün | 15.90 | 1:25:10 | 5:21 | 56 | 28:02 | 81 | 28:02 | 148.40 | 15:04:11 | 6:05 | 112 | 5:22:29 | 165 | 5:22:29 |
| Blankenstein | 20.30 | 2:03:14 | 6:04 | 105 | 49:11 | 162 | 2:03:14 | 168.97 | 17:07:25 | 6:04 | 113 | 6:08:51 | 167 | 6:08:51 |