



23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

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Spitzensalat des WSV Ilmenau

□□□: 17:35:55

□□: 178

□□: 9.55 km/h

□□□□: 6:14 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 178 (of 191)

□□□□□□: 10:58:34

□□□□:

□□□□□: 118(of 122)

Männerstaffel

□□□□□□□: 10:58:34

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:16:40	5:28	65	20:26	81	20:26	14.00	1:16:40	5:28	65	20:26	81	20:26
Grenzwiese/Kleir	19.60	1:59:57	6:07	104	43:59	155	43:59	33.60	3:16:37	5:51	92	1:04:00	132	1:04:00
Neue Ausspanne	14.00	1:25:57	6:08	99	32:48	149	32:48	47.60	4:42:34	5:56	99	1:34:26	138	1:34:26
Grenzdler (Ober	13.70	1:27:29	6:23	101	35:37	152	35:37	61.30	6:10:03	6:02	105	2:05:53	146	2:05:53
Allzunah	19.90	2:05:47	6:19	113	57:43	175	57:43	81.20	8:15:50	6:06	113	3:00:43	168	3:00:43
Masserberg (Ren	17.90	1:55:16	6:26	107	46:56	167	46:56	99.10	10:11:06	6:09	115	3:41:37	173	3:41:37
Neuhaus (Rennst	19.90	2:11:56	6:37	117	54:58	175	54:58	119.00	12:23:02	6:14	118	4:32:03	177	4:32:03
Wanderhütte an	13.50	1:16:09	5:38	69	24:48	86	24:48	132.50	13:39:11	6:10	116	4:55:49	171	4:55:49
Brennersgrün	15.90	1:43:30	6:30	108	46:22	170	46:22	148.40	15:22:41	6:13	117	5:40:59	175	5:40:59
Blankenstein	20.30	2:13:14	6:33	116	59:11	182	2:13:14	168.97	17:35:55	6:14	118	6:37:21	179	6:37:21