



23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

□□□□

Laufteam Erfurt

□□: www.sportland.de

□□: 536

□□: 168.97 km

Hörschel-Blankenstein

□□□□:

Mixstaffel

□□□: 12:12:00

□□: 13.77 km/h

□□□□: 4:19 min/km

□□□□□: 7 (of 191)

□□□□□□: 10:58:34

□□□□□: 1(of 54)

□□□□□□□: 12:12:00

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:02:03	4:25	2	5:14	8	5:49	14.00	1:02:03	4:25	2	5:14	8	5:49
Grenzwiese/Kleir	19.60	1:16:46	3:54	1	-	3	0:48	33.60	2:18:49	4:07	1	-	191	6:12
Neue Ausspanne	14.00	1:05:43	4:41	4	6:05	30	12:34	47.60	3:24:32	4:17	1	-	191	16:24
Grenzdler (Ober	13.70	1:14:39	5:26	13	13:21	74	22:47	61.30	4:39:11	4:33	1	-	191	35:01
Allzunah	19.90	1:25:40	4:18	6	13:50	28	17:36	81.20	6:04:51	4:29	1	-	191	49:44
Masserberg (Ren	17.90	1:16:58	4:17	1	-	6	8:38	99.10	7:21:49	4:27	1	-	191	52:20
Neuhaus (Rennst	19.90	1:18:35	3:56	1	-	2	1:37	119.00	8:40:24	4:22	1	-	191	49:25
Wanderhütte an	13.50	1:05:08	4:49	3	10:50	32	13:47	132.50	9:45:32	4:25	1	-	191	1:02:10
Brennersgrün	15.90	1:09:51	4:23	2	5:45	12	12:43	148.40	10:55:23	4:24	1	-	191	1:13:41
Blankenstein	20.30	1:16:37	3:46	1	-	3	1:16:37	168.97	12:12:00	4:19	1	-	7	1:13:26