



# 23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

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## Team-Heipa-Eichsfeld Mix

□□: Lauffreunde Eichsfeld  
 □□: 570

□□: 168.97 km  
 Hörschel-Blankenstein

□□□□:  
 Mixstaffel

□□□: 12:45:01

□□: 13.25 km/h  
 □□□□: 4:31 min/km

□□□□□: 10 (of 191)

□□□□□□: 10:58:34

□□□□□: 2 (of 54)

□□□□□□□: 12:12:00

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:06:35	4:45	6	9:46	23	10:21	14.00	1:06:35	4:45	6	9:46	192	10:21
Grenzwiese/Kleir	19.60	1:25:58	4:23	4	9:12	9	10:00	33.60	2:32:33	4:32	4	13:44	191	19:56
Neue Ausspanne	14.00	1:05:40	4:41	3	6:02	29	12:31	47.60	3:38:13	4:35	2	13:41	191	30:05
Grenzdler (Ober	13.70	1:09:19	5:03	4	8:01	44	17:27	61.30	4:47:32	4:41	2	8:21	191	43:22
Allzunah	19.90	1:29:30	4:29	10	17:40	40	21:26	81.20	6:17:02	4:38	4	12:11	191	1:01:55
Masserberg (Ren	17.90	1:20:28	4:29	3	3:30	13	12:08	99.10	7:37:30	4:36	3	15:41	191	1:08:01
Neuhaus (Rennst	19.90	1:37:06	4:52	8	18:31	38	20:08	119.00	9:14:36	4:39	3	34:12	191	1:23:37
Wanderhütte an	13.50	54:18	4:01	1	-	5	2:57	132.50	10:08:54	4:35	2	23:22	191	1:25:32
Brennersgrün	15.90	1:13:32	4:37	3	9:26	19	16:24	148.40	11:22:26	4:35	2	27:03	191	1:40:44
Blankenstein	20.30	1:22:35	4:04	3	5:58	13	1:22:35	168.97	12:45:01	4:31	2	33:01	10	1:46:27