



23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

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Jenaer Intervallexpress

□□□: 12:55:21

□□: 530

□□: 13.08 km/h

□□□□: 4:35 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 16 (of 191)

□□□□□□: 10:58:34

□□□□:

□□□□□: 3(of 54)

Mixstaffel

□□□□□□□: 12:12:00

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:12:16	5:09	11	15:27	48	16:02	14.00	1:12:16	5:09	11	15:27	192	16:02
Grenzwiese/Kleir	19.60	1:30:21	4:36	9	13:35	21	14:23	33.60	2:42:37	4:50	8	23:48	191	30:00
Neue Ausspanne	14.00	1:07:08	4:47	6	7:30	36	13:59	47.60	3:49:45	4:49	7	25:13	191	41:37
Grenzdler (Ober	13.70	1:01:18	4:28	1	-	14	9:26	61.30	4:51:03	4:44	4	11:52	191	46:53
Allzunah	19.90	1:22:59	4:10	4	11:09	21	14:55	81.20	6:14:02	4:36	3	9:11	191	58:55
Masserberg (Ren	17.90	1:24:47	4:44	8	7:49	24	16:27	99.10	7:38:49	4:37	4	17:00	191	1:09:20
Neuhaus (Rennst	19.90	1:27:42	4:24	3	9:07	11	10:44	119.00	9:06:31	4:35	2	26:07	191	1:15:32
Wanderhütte an	13.50	1:08:27	5:04	6	14:09	46	17:06	132.50	10:14:58	4:38	3	29:26	191	1:31:36
Brennersgrün	15.90	1:16:05	4:47	4	11:59	30	18:57	148.40	11:31:03	4:39	3	35:40	191	1:49:21
Blankenstein	20.30	1:24:18	4:09	4	7:41	14	1:24:18	168.97	12:55:21	4:35	3	43:21	16	1:56:47