



23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

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SV Blau-Weiß Bürgel

□□□: 13:47:35

□□: 568

□□: 12.18 km/h
□□□□: 4:53 min/km

□□: 168.97 km
Hörschel-Blankenstein

□□□□□: 28 (of 191)

□□□□□□: 10:58:34

□□□□:

□□□□□: 5(of 54)

Mixstaffel

□□□□□□□: 12:12:00

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:02:46	4:29	3	5:57	11	6:32	14.00	1:02:46	4:29	3	5:57	192	6:32
Grenzwiese/Kleir	19.60	1:29:42	4:34	8	12:56	18	13:44	33.60	2:32:28	4:32	3	13:39	191	19:51
Neue Ausspanne	14.00	1:10:12	5:00	10	10:34	58	17:03	47.60	3:42:40	4:40	5	18:08	191	34:32
Grenzdler (Ober	13.70	1:13:37	5:22	12	12:19	63	21:45	61.30	4:56:17	4:50	6	17:06	191	52:07
Allzunah	19.90	1:21:27	4:05	3	9:37	14	13:23	81.20	6:17:44	4:39	5	12:53	191	1:02:37
Masserberg (Ren	17.90	1:37:44	5:27	19	20:46	92	29:24	99.10	7:55:28	4:47	6	33:39	191	1:25:59
Neuhaus (Rennst	19.90	1:42:58	5:10	13	24:23	60	26:00	119.00	9:38:26	4:51	6	58:02	191	1:47:27
Wanderhütte an	13.50	1:17:42	5:45	13	23:24	98	26:21	132.50	10:56:08	4:57	5	1:10:36	191	2:12:46
Brennersgrün	15.90	1:19:51	5:01	10	15:45	47	22:43	148.40	12:15:59	4:57	5	1:20:36	191	2:34:17
Blankenstein	20.30	1:31:36	4:30	7	14:59	38	1:31:36	168.97	13:47:35	4:53	5	1:35:35	28	2:49:01