



23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

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Jambalayarunners

□□□: 13:49:48

□□: 528

□□: 12.15 km/h

□□□□: 4:54 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 30 (of 191)

□□□□□□: 10:58:34

□□□□:

□□□□□: 6(of 54)

Mixstaffel

□□□□□□□: 12:12:00

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:07:03	4:47	7	10:14	25	10:49	14.00	1:07:03	4:47	7	10:14	192	10:49
Grenzwiese/Kleir	19.60	1:32:38	4:43	11	15:52	33	16:40	33.60	2:39:41	4:45	6	20:52	191	27:04
Neue Ausspanne	14.00	1:02:05	4:26	2	2:27	15	8:56	47.60	3:41:46	4:39	4	17:14	191	33:38
Grenzdler (Ober	13.70	1:13:25	5:21	11	12:07	61	21:33	61.30	4:55:11	4:48	5	16:00	191	51:01
Allzunah	19.90	1:28:39	4:27	8	16:49	35	20:35	81.20	6:23:50	4:43	6	18:59	191	1:08:43
Masserberg (Ren	17.90	1:23:43	4:40	7	6:45	22	15:23	99.10	7:47:33	4:43	5	25:44	191	1:18:04
Neuhaus (Rennst	19.90	1:50:24	5:32	21	31:49	101	33:26	119.00	9:37:57	4:51	5	57:33	191	1:46:58
Wanderhütte an	13.50	1:21:30	6:02	22	27:12	125	30:09	132.50	10:59:27	4:58	6	1:13:55	191	2:16:05
Brennersgrün	15.90	1:17:19	4:51	8	13:13	39	20:11	148.40	12:16:46	4:57	6	1:21:23	191	2:35:04
Blankenstein	20.30	1:33:02	4:34	8	16:25	44	1:33:02	168.97	13:49:48	4:54	6	1:37:48	30	2:51:14