



23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

□□□□

Sömmerdaer Kranniche

□□□: 14:39:41

□□: 564

□□: 11.52 km/h
□□□□: 5:12 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 49 (of 191)

□□□□□□: 10:58:34

□□□□:

□□□□□: 7(of 54)

Mixstaffel

□□□□□□□: 12:12:00

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:18:28	5:36	22	21:39	100	22:14	14.00	1:18:28	5:36	22	21:39	192	22:14
Grenzwiese/Kleir	19.60	1:22:18	4:11	3	5:32	7	6:20	33.60	2:40:46	4:47	7	21:57	191	28:09
Neue Ausspanne	14.00	1:10:06	5:00	9	10:28	55	16:57	47.60	3:50:52	4:51	8	26:20	191	42:44
Grenzdler (Ober	13.70	1:17:37	5:39	20	16:19	96	25:45	61.30	5:08:29	5:01	8	29:18	191	1:04:19
Allzunah	19.90	1:42:27	5:08	27	30:37	103	34:23	81.20	6:50:56	5:03	8	46:05	191	1:35:49
Masserberg (Ren	17.90	1:29:11	4:58	13	12:13	46	20:51	99.10	8:20:07	5:02	7	58:18	40	1:50:38
Neuhaus (Rennst	19.90	1:39:25	4:59	11	20:50	46	22:27	119.00	9:59:32	5:02	7	1:19:08	191	2:08:33
Wanderhütte an	13.50	1:15:22	5:34	9	21:04	82	24:01	132.50	11:14:54	5:05	7	1:29:22	191	2:31:32
Brennersgrün	15.90	1:42:43	6:27	46	38:37	164	45:35	148.40	12:57:37	5:14	7	2:02:14	191	3:15:55
Blankenstein	20.30	1:42:04	5:01	15	25:27	86	1:42:04	168.97	14:39:41	5:12	7	2:27:41	49	3:41:07