



23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

□□□□

Potsdamer Laufclub TG Mittelstrecke □□□: 14:55:47

□□: Potsdamer Laufclub

□□: 11.25 km/h

□□: 544

□□□□: 5:18 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 56 (of 191)

□□□□□□: 10:58:34

□□□□:

□□□□□: 9(of 54)

Mixstaffel

□□□□□□□: 12:12:00

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:22:47	5:54	32	25:58	138	26:33	14.00	1:22:47	5:54	32	25:58	192	26:33
Grenzwiese/Kleir	19.60	1:52:17	5:43	31	35:31	116	36:19	33.60	3:15:04	5:48	33	56:15	191	1:02:27
Neue Ausspanne	14.00	1:12:48	5:12	11	13:10	70	19:39	47.60	4:27:52	5:37	19	1:03:20	191	1:19:44
Grenzdler (Ober	13.70	1:20:43	5:53	24	19:25	109	28:51	61.30	5:48:35	5:41	20	1:09:24	104	1:44:25
Allzunah	19.90	1:45:30	5:18	31	33:40	121	37:26	81.20	7:34:05	5:35	19	1:29:14	191	2:18:58
Masserberg (Ren	17.90	1:29:00	4:58	11	12:02	42	20:40	99.10	9:03:05	5:28	19	1:41:16	191	2:33:36
Neuhaus (Rennst	19.90	1:29:54	4:31	4	11:19	17	12:56	119.00	10:32:59	5:19	11	1:52:35	191	2:42:00
Wanderhütte an	13.50	1:21:51	6:03	24	27:33	130	30:30	132.50	11:54:50	5:23	10	2:09:18	191	3:11:28
Brennersgrün	15.90	1:25:29	5:22	20	21:23	84	28:21	148.40	13:20:19	5:23	10	2:24:56	127	3:38:37
Blankenstein	20.30	1:35:28	4:42	10	18:51	51	1:35:28	168.97	14:55:47	5:18	9	2:43:47	56	3:57:13