



23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

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Lauftreff Alteburg Arnstadt

□□: SG Motor Arnstadt
 □□: 538

□□: 168.97 km
 Hörschel-Blankenstein

□□□□:
 Mixstaffel

□□□: 14:57:49

□□: 11.23 km/h
 □□□□: 5:18 min/km

□□□□□: 57 (of 191)

□□□□□□: 10:58:34

□□□□□: 10(of 54)

□□□□□□□: 12:12:00

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:08:05	4:51	8	11:16	29	11:51	14.00	1:08:05	4:51	8	11:16	192	11:51
Grenzwiese/Kleir	19.60	1:47:11	5:28	23	30:25	93	31:13	33.60	2:55:16	5:12	14	36:27	191	42:39
Neue Ausspanne	14.00	1:17:56	5:34	21	18:18	101	24:47	47.60	4:13:12	5:19	13	48:40	191	1:05:04
Grenzdler (Ober	13.70	1:06:43	4:52	2	5:25	30	14:51	61.30	5:19:55	5:13	9	40:44	191	1:15:45
Allzunah	19.90	1:42:22	5:08	26	30:32	102	34:18	81.20	7:02:17	5:12	11	57:26	191	1:47:10
Masserberg (Ren	17.90	1:27:52	4:54	10	10:54	37	19:32	99.10	8:30:09	5:08	8	1:08:20	191	2:00:40
Neuhaus (Rennst	19.90	1:58:42	5:57	32	40:07	132	41:44	119.00	10:28:51	5:17	10	1:48:27	191	2:37:52
Wanderhütte an	13.50	1:21:47	6:03	23	27:29	129	30:26	132.50	11:50:38	5:21	9	2:05:06	191	3:07:16
Brennersgrün	15.90	1:24:16	5:17	16	20:10	72	27:08	148.40	13:14:54	5:21	8	2:19:31	191	3:33:12
Blankenstein	20.30	1:42:55	5:04	16	26:18	92	1:42:55	168.97	14:57:49	5:18	10	2:45:49	57	3:59:15