



23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

□□□□

Arthrose

□□: Erfurt

□□: 501

□□: 168.97 km

Hörschel-Blankenstein

□□□□:

Mixstaffel

□□□: 15:21:33

□□: 10.94 km/h

□□□□: 5:27 min/km

□□□□□: 83 (of 191)

□□□□□□: 10:58:34

□□□□□: 15(of 54)

□□□□□□□: 12:12:00

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:19:11	5:39	26	22:22	111	22:57	14.00	1:19:11	5:39	26	22:22	192	22:57
Grenzwiese/Kleir	19.60	1:48:14	5:31	25	31:28	97	32:16	33.60	3:07:25	5:34	22	48:36	191	54:48
Neue Ausspanne	14.00	1:43:21	7:22	53	43:43	189	50:12	47.60	4:50:46	6:06	44	1:26:14	191	1:42:38
Grenzadler (Ober	13.70	1:23:15	6:04	32	21:57	128	31:23	61.30	6:14:01	6:06	40	1:34:50	191	2:09:51
Allzunah	19.90	1:41:36	5:06	24	29:46	98	33:32	81.20	7:55:37	5:51	32	1:50:46	191	2:40:30
Masserberg (Ren	17.90	1:45:01	5:52	33	28:03	133	36:41	99.10	9:40:38	5:51	36	2:18:49	191	3:11:09
Neuhaus (Rennst	19.90	1:35:15	4:47	7	16:40	34	18:17	119.00	11:15:53	5:40	22	2:35:29	191	3:24:54
Wanderhütte an	13.50	1:10:02	5:11	8	15:44	53	18:41	132.50	12:25:55	5:37	21	2:40:23	191	3:42:33
Brennersgrün	15.90	1:17:09	4:51	6	13:03	37	20:01	148.40	13:43:04	5:32	15	2:47:41	191	4:01:22
Blankenstein	20.30	1:38:29	4:51	12	21:52	62	1:38:29	168.97	15:21:33	5:27	15	3:09:33	83	4:22:59