



# 23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

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USV Erfurt

□□□: 15:22:24

□□: 576

□□: 10.93 km/h

□□□□: 5:27 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 88 (of 191)

□□□□□□: 10:58:34

□□□□:

□□□□□: 16(of 54)

Mixstaffel

□□□□□□□: 12:12:00

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	□□
Hohe Sonne	14.00	1:12:33	5:10	12	15:44	50	16:19	14.00	1:12:33	5:10	12	15:44	192	16:19
Grenzwiese/Kleir	19.60	1:26:45	4:25	5	9:59	10	10:47	33.60	2:39:18	4:44	5	20:29	191	26:41
Neue Ausspanne	14.00	59:38	4:15	1	-	12	6:29	47.60	3:38:56	4:35	3	14:24	191	30:48
Grenzdler (Ober	13.70	1:11:59	5:15	7	10:41	55	20:07	61.30	4:50:55	4:44	3	11:44	191	46:45
Allzunah	19.90	1:50:10	5:32	38	38:20	138	42:06	81.20	6:41:05	4:56	7	36:14	191	1:25:58
Masserberg (Ren	17.90	2:01:01	6:45	51	44:03	178	52:41	99.10	8:42:06	5:16	11	1:20:17	191	2:12:37
Neuhaus (Rennst	19.90	1:46:11	5:20	18	27:36	74	29:13	119.00	10:28:17	5:16	9	1:47:53	191	2:37:18
Wanderhütte an	13.50	1:28:59	6:35	41	34:41	164	37:38	132.50	11:57:16	5:24	12	2:11:44	191	3:13:54
Brennersgrün	15.90	1:48:30	6:49	50	44:24	179	51:22	148.40	13:45:46	5:33	18	2:50:23	191	4:04:04
Blankenstein	20.30	1:36:38	4:45	11	20:01	56	1:36:38	168.97	15:22:24	5:27	16	3:10:24	88	4:23:50