



23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

□□□□

Collm Läufer

□□□: 15:39:45

□□: 508

□□: 10.73 km/h
□□□□: 5:33 min/km

□□: 168.97 km
Hörschel-Blankenstein

□□□□□: 97 (of 191)

□□□□□□: 10:58:34

□□□□:

□□□□□: 17(of 54)

Mixstaffel

□□□□□□□: 12:12:00

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:29:05	6:21	44	32:16	162	32:51	14.00	1:29:05	6:21	44	32:16	162	32:51
Grenzwiese/Kleir	19.60	1:36:26	4:55	13	19:40	47	20:28	33.60	3:05:31	5:31	20	46:42	88	52:54
Neue Ausspanne	14.00	1:25:51	6:07	37	26:13	146	32:42	47.60	4:31:22	5:42	22	1:06:50	191	1:23:14
Grenzdler (Ober	13.70	1:12:00	5:15	8	10:42	56	20:08	61.30	5:43:22	5:36	15	1:04:11	191	1:39:12
Allzunah	19.90	1:32:40	4:39	14	20:50	53	24:36	81.20	7:16:02	5:22	14	1:11:11	191	2:00:55
Masserberg (Ren	17.90	1:53:01	6:18	45	36:03	161	44:41	99.10	9:09:03	5:32	20	1:47:14	95	2:39:34
Neuhaus (Rennst	19.90	1:26:56	4:22	2	8:21	10	9:58	119.00	10:35:59	5:20	12	1:55:35	191	2:45:00
Wanderhütte an	13.50	1:41:24	7:30	53	47:06	187	50:03	132.50	12:17:23	5:33	19	2:31:51	191	3:34:01
Brennersgrün	15.90	1:27:23	5:29	23	23:17	98	30:15	148.40	13:44:46	5:33	17	2:49:23	191	4:03:04
Blankenstein	20.30	1:54:59	5:39	34	38:22	134	1:54:59	168.97	15:39:45	5:33	17	3:27:45	97	4:41:11