



# 23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

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## Reinhard´s Rammelbande

□□: WSV Bad Lobenstein  
 □□: 546

□□: 168.97 km  
 Hörschel-Blankenstein

□□□□:  
 Mixstaffel

□□□: 15:46:14

□□: 10.65 km/h  
 □□□□: 5:36 min/km

□□□□□: 104 (of 191)

□□□□□□: 10:58:34

□□□□□: 19(of 54)

□□□□□□□: 12:12:00

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□□□□

□□□

| □□□              | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ | □□□    | □□□      | □□□  | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ |
|------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Hohe Sonne       | 14.00    | 1:24:25  | 6:01         | 39      | 27:36   | 151       | 28:11     | 14.00  | 1:24:25  | 6:01 | 39      | 27:36   | 192       | 28:11     |
| Grenzwiese/Kleir | 19.60    | 1:41:36  | 5:11         | 16      | 24:50   | 65        | 25:38     | 33.60  | 3:06:01  | 5:32 | 21      | 47:12   | 90        | 53:24     |
| Neue Ausspanne   | 14.00    | 1:20:00  | 5:42         | 25      | 20:22   | 113       | 26:51     | 47.60  | 4:26:01  | 5:35 | 17      | 1:01:29 | 191       | 1:17:53   |
| Grenzadler (Ober | 13.70    | 1:26:24  | 6:18         | 36      | 25:06   | 141       | 34:32     | 61.30  | 5:52:25  | 5:44 | 24      | 1:13:14 | 191       | 1:48:15   |
| Allzunah         | 19.90    | 1:21:03  | 4:04         | 2       | 9:13    | 12        | 12:59     | 81.20  | 7:13:28  | 5:20 | 13      | 1:08:37 | 191       | 1:58:21   |
| Masserberg (Ren  | 17.90    | 1:48:16  | 6:02         | 38      | 31:18   | 149       | 39:56     | 99.10  | 9:01:44  | 5:27 | 17      | 1:39:55 | 191       | 2:32:15   |
| Neuhaus (Rennst  | 19.90    | 1:51:32  | 5:36         | 23      | 32:57   | 106       | 34:34     | 119.00 | 10:53:16 | 5:29 | 17      | 2:12:52 | 191       | 3:02:17   |
| Wanderhütte an   | 13.50    | 1:18:25  | 5:48         | 15      | 24:07   | 103       | 27:04     | 132.50 | 12:11:41 | 5:31 | 16      | 2:26:09 | 191       | 3:28:19   |
| Brennersgrün     | 15.90    | 1:37:49  | 6:09         | 39      | 33:43   | 149       | 40:41     | 148.40 | 13:49:30 | 5:35 | 20      | 2:54:07 | 191       | 4:07:48   |
| Blankenstein     | 20.30    | 1:56:44  | 5:45         | 37      | 40:07   | 139       | 1:56:44   | 168.97 | 15:46:14 | 5:36 | 19      | 3:34:14 | 104       | 4:47:40   |