



23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

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Walschberg-Runners

□□□: 15:52:27

□□: 578

□□: 10.58 km/h
□□□□: 5:38 min/km

□□: 168.97 km
Hörschel-Blankenstein

□□□□□: 106 (of 191)

□□□□□□: 10:58:34

□□□□:

□□□□□: 20(of 54)

Mixstaffel

□□□□□□□: 12:12:00

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:25:15	6:05	40	28:26	153	29:01	14.00	1:25:15	6:05	40	28:26	192	29:01
Grenzwiese/Kleir	19.60	1:48:08	5:31	24	31:22	96	32:10	33.60	3:13:23	5:45	28	54:34	191	1:00:46
Neue Ausspanne	14.00	1:24:59	6:04	35	25:21	138	31:50	47.60	4:38:22	5:50	27	1:13:50	191	1:30:14
Grenzdler (Ober	13.70	1:22:12	6:00	31	20:54	123	30:20	61.30	6:00:34	5:52	27	1:21:23	191	1:56:24
Allzunah	19.90	1:56:26	5:51	46	44:36	157	48:22	81.20	7:57:00	5:52	36	1:52:09	144	2:41:53
Masserberg (Ren	17.90	1:33:44	5:14	16	16:46	71	25:24	99.10	9:30:44	5:45	27	2:08:55	191	3:01:15
Neuhaus (Rennst	19.90	1:43:56	5:13	15	25:21	64	26:58	119.00	11:14:40	5:40	21	2:34:16	191	3:23:41
Wanderhütte an	13.50	1:22:54	6:08	27	28:36	135	31:33	132.50	12:37:34	5:43	23	2:52:02	191	3:54:12
Brennersgrün	15.90	1:32:52	5:50	33	28:46	130	35:44	148.40	14:10:26	5:43	23	3:15:03	191	4:28:44
Blankenstein	20.30	1:42:01	5:01	14	25:24	85	1:42:01	168.97	15:52:27	5:38	20	3:40:27	106	4:53:53