



# 23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

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Breuninger Sports II

□□□: 15:54:14

□□: 506

□□: 10.56 km/h  
□□□□: 5:38 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 108 (of 191)

□□□□□□: 10:58:34

□□□□:

□□□□□: 21(of 54)

Mixstaffel

□□□□□□□: 12:12:00

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:17:11	5:30	17	20:22	87	20:57	14.00	1:17:11	5:30	17	20:22	87	20:57
Grenzwiese/Kleir	19.60	1:52:13	5:43	30	35:27	114	36:15	33.60	3:09:24	5:38	26	50:35	109	56:47
Neue Ausspanne	14.00	1:23:50	5:59	33	24:12	131	30:41	47.60	4:33:14	5:44	23	1:08:42	191	1:25:06
Grenzdler (Ober	13.70	1:15:07	5:28	15	13:49	79	23:15	61.30	5:48:21	5:40	19	1:09:10	191	1:44:11
Allzunah	19.90	1:37:09	4:52	16	25:19	69	29:05	81.20	7:25:30	5:29	18	1:20:39	191	2:10:23
Masserberg (Ren	17.90	1:45:24	5:53	35	28:26	136	37:04	99.10	9:10:54	5:33	21	1:49:05	191	2:41:25
Neuhaus (Rennst	19.90	2:06:17	6:20	42	47:42	159	49:19	119.00	11:17:11	5:41	25	2:36:47	191	3:26:12
Wanderhütte an	13.50	1:21:53	6:03	25	27:35	131	30:32	132.50	12:39:04	5:43	25	2:53:32	191	3:55:42
Brennersgrün	15.90	1:25:45	5:23	21	21:39	86	28:37	148.40	14:04:49	5:41	21	3:09:26	191	4:23:07
Blankenstein	20.30	1:49:25	5:23	26	32:48	118	1:49:25	168.97	15:54:14	5:38	21	3:42:14	108	4:55:40