



23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

□□□□

X-Runners I

□□□: 10:58:34

□□: 209

□□: 15.31 km/h
□□□□: 3:53 min/km

□□: 168.97 km
Hörschel-Blankenstein

□□□□□: 1 (of 191)

□□□□□□: 10:58:34

□□□□:
Männerstaffel

□□□□□: 1(of 122)

□□□□□□□: 10:58:34

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	56:45	4:03	2	0:31	2	0:31	14.00	56:45	4:03	2	0:31	2	0:31
Grenzwiese/Kleir	19.60	1:15:58	3:52	1	-	1	-	33.60	2:12:43	3:56	2	0:06	2	0:06
Neue Ausspanne	14.00	1:01:39	4:24	13	8:30	14	8:30	47.60	3:14:22	4:04	4	6:14	4	6:14
Grenzdler (Ober	13.70	52:44	3:50	2	0:52	2	0:52	61.30	4:07:06	4:01	3	2:56	3	2:56
Allzunah	19.90	1:18:28	3:56	7	10:24	8	10:24	81.20	5:25:34	4:00	3	10:27	3	10:27
Masserberg (Ren	17.90	1:08:20	3:49	1	-	1	-	99.10	6:33:54	3:58	2	4:25	2	4:25
Neuhaus (Rennst	19.90	1:20:47	4:03	3	3:49	4	3:49	119.00	7:54:41	3:59	2	3:42	2	3:42
Wanderhütte an	13.50	51:21	3:48	1	-	1	-	132.50	8:46:02	3:58	2	2:40	2	2:40
Brennersgrün	15.90	58:29	3:40	3	1:21	3	1:21	148.40	9:44:31	3:56	2	2:49	2	2:49
Blankenstein	20.30	1:14:03	3:38	1	-	2	1:14:03	168.97	10:58:34	3:53	1	-	1	-