



23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

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Renn(s)tiger bei ihrem 19.Versuch □□□: 16:00:26

□□: 547

□□: 10.50 km/h
□□□□: 5:41 min/km

□□: 168.97 km
Hörschel-Blankenstein

□□□□□: 113 (of 191)

□□□□□□: 10:58:34

□□□□:

□□□□□: 23(of 54)

Mixstaffel

□□□□□□□: 12:12:00

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:30:49	6:29	45	34:00	169	34:35	14.00	1:30:49	6:29	45	34:00	192	34:35
Grenzwiese/Kleir	19.60	1:43:26	5:16	17	26:40	74	27:28	33.60	3:14:15	5:46	31	55:26	191	1:01:38
Neue Ausspanne	14.00	1:25:42	6:07	36	26:04	145	32:33	47.60	4:39:57	5:52	31	1:15:25	191	1:31:49
Grenzdler (Ober	13.70	1:30:38	6:36	43	29:20	168	38:46	61.30	6:10:35	6:02	36	1:31:24	191	2:06:25
Allzunah	19.90	1:49:29	5:30	37	37:39	135	41:25	81.20	8:00:04	5:54	37	1:55:13	191	2:44:57
Masserberg (Ren	17.90	1:49:08	6:05	40	32:10	153	40:48	99.10	9:49:12	5:56	39	2:27:23	191	3:19:43
Neuhaus (Rennst	19.90	1:56:19	5:50	28	37:44	123	39:21	119.00	11:45:31	5:55	39	3:05:07	191	3:54:32
Wanderhütte an	13.50	1:35:38	7:05	49	41:20	179	44:17	132.50	13:21:09	6:02	42	3:35:37	191	4:37:47
Brennersgrün	15.90	1:04:06	4:01	1	-	6	6:58	148.40	14:25:15	5:49	28	3:29:52	191	4:43:33
Blankenstein	20.30	1:35:11	4:41	9	18:34	50	1:35:11	168.97	16:00:26	5:41	23	3:48:26	113	5:01:52