



# 23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

□□□□

## Einsamrennengenossenschaft

□□: TSV Rauenstein  
 □□: 516

□□: 168.97 km  
 Hörschel-Blankenstein

□□□□:  
 Mixstaffel

□□□: 16:10:58

□□: 10.38 km/h  
 □□□□: 5:44 min/km

□□□□□: 126 (of 191)

□□□□□□: 10:58:34

□□□□□: 26(of 54)

□□□□□□□: 12:12:00

□□□□

□□□□

□□□

| □□□              | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ | □□□    | □□□      | □□□  | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ |
|------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Hohe Sonne       | 14.00    | 1:23:33  | 5:58         | 33      | 26:44   | 140       | 27:19     | 14.00  | 1:23:33  | 5:58 | 33      | 26:44   | 192       | 27:19     |
| Grenzwiese/Kleir | 19.60    | 1:44:03  | 5:18         | 19      | 27:17   | 80        | 28:05     | 33.60  | 3:07:36  | 5:34 | 24      | 48:47   | 191       | 54:59     |
| Neue Ausspanne   | 14.00    | 1:22:56  | 5:55         | 32      | 23:18   | 127       | 29:47     | 47.60  | 4:30:32  | 5:41 | 21      | 1:06:00 | 191       | 1:22:24   |
| Grenzdler (Ober  | 13.70    | 1:19:26  | 5:47         | 22      | 18:08   | 105       | 27:34     | 61.30  | 5:49:58  | 5:42 | 22      | 1:10:47 | 191       | 1:45:48   |
| Allzunah         | 19.90    | 1:45:03  | 5:16         | 30      | 33:13   | 116       | 36:59     | 81.20  | 7:35:01  | 5:36 | 22      | 1:30:10 | 191       | 2:19:54   |
| Masserberg (Ren  | 17.90    | 1:44:58  | 5:51         | 32      | 28:00   | 132       | 36:38     | 99.10  | 9:19:59  | 5:39 | 25      | 1:58:10 | 191       | 2:50:30   |
| Neuhaus (Rennst  | 19.90    | 1:59:51  | 6:01         | 36      | 41:16   | 140       | 42:53     | 119.00 | 11:19:50 | 5:42 | 26      | 2:39:26 | 191       | 3:28:51   |
| Wanderhütte an   | 13.50    | 1:27:21  | 6:28         | 37      | 33:03   | 158       | 36:00     | 132.50 | 12:47:11 | 5:47 | 27      | 3:01:39 | 191       | 4:03:49   |
| Brennersgrün     | 15.90    | 1:38:29  | 6:11         | 41      | 34:23   | 151       | 41:21     | 148.40 | 14:25:40 | 5:49 | 29      | 3:30:17 | 191       | 4:43:58   |
| Blankenstein     | 20.30    | 1:45:18  | 5:11         | 20      | 28:41   | 99        | 1:45:18   | 168.97 | 16:10:58 | 5:44 | 26      | 3:58:58 | 126       | 5:12:24   |