



# 23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

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## Einsamrennengenossenschaft

□□: TSV Rauenstein  
 □□: 516

□□: 168.97 km  
 Hörschel-Blankenstein

□□□□:  
 Mixstaffel

□□□: 16:10:58

□□: 10.44 km/h  
 □□□□: 5:44 min/km

□□□□□: 126 (of 191)

□□□□□□: 10:58:34

□□□□□: 26(of 54)

□□□□□□□: 12:12:00

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
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