



23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

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SCR-Mixed

□□□: 16:10:58

□□: 561

□□: 10.38 km/h

□□□□: 5:44 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 126 (of 191)

□□□□□□: 10:58:34

□□□□:

□□□□□: 26(of 54)

Mixstaffel

□□□□□□□: 12:12:00

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:15:14	5:22	14	18:25	72	19:00	14.00	1:15:14	5:22	14	18:25	192	19:00
Grenzwiese/Kleir	19.60	1:55:48	5:54	37	39:02	134	39:50	33.60	3:11:02	5:41	27	52:13	191	58:25
Neue Ausspanne	14.00	1:22:27	5:53	30	22:49	125	29:18	47.60	4:33:29	5:44	24	1:08:57	191	1:25:21
Grenzdler (Ober	13.70	1:39:03	7:13	49	37:45	183	47:11	61.30	6:12:32	6:04	39	1:33:21	191	2:08:22
Allzunah	19.90	1:40:39	5:03	20	28:49	92	32:35	81.20	7:53:11	5:49	30	1:48:20	191	2:38:04
Masserberg (Ren	17.90	1:42:33	5:43	26	25:35	118	34:13	99.10	9:35:44	5:48	32	2:13:55	191	3:06:15
Neuhaus (Rennst	19.90	1:57:29	5:54	30	38:54	128	40:31	119.00	11:33:13	5:49	34	2:52:49	191	3:42:14
Wanderhütte an	13.50	1:16:22	5:39	12	22:04	90	25:01	132.50	12:49:35	5:48	28	3:04:03	191	4:06:13
Brennersgrün	15.90	1:36:25	6:03	36	32:19	143	39:17	148.40	14:26:00	5:50	31	3:30:37	191	4:44:18
Blankenstein	20.30	1:44:58	5:10	19	28:21	98	1:44:58	168.97	16:10:58	5:44	26	3:58:58	126	5:12:24