



23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

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Schlußleuchten

□□: Erfurt
□□: 559

□□: 168.97 km
Hörschel-Blankenstein

□□□□:
Mixstaffel

□□□: 16:13:31

□□: 10.35 km/h
□□□□: 5:45 min/km

□□□□□: 129 (of 191)

□□□□□□: 10:58:34

□□□□□: 29(of 54)

□□□□□□□: 12:12:00

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:23:35	5:58	34	26:46	141	27:21	14.00	1:23:35	5:58	34	26:46	192	27:21
Grenzwiese/Kleir	19.60	1:53:00	5:45	32	36:14	120	37:02	33.60	3:16:35	5:51	36	57:46	191	1:03:58
Neue Ausspanne	14.00	1:24:08	6:00	34	24:30	134	30:59	47.60	4:40:43	5:53	32	1:16:11	191	1:32:35
Grenzdler (Ober	13.70	1:24:37	6:10	33	23:19	133	32:45	61.30	6:05:20	5:57	29	1:26:09	191	2:01:10
Allzunah	19.90	1:37:56	4:55	18	26:06	75	29:52	81.20	7:43:16	5:42	27	1:38:25	191	2:28:09
Masserberg (Ren	17.90	1:50:41	6:11	42	33:43	158	42:21	99.10	9:33:57	5:47	30	2:12:08	191	3:04:28
Neuhaus (Rennst	19.90	1:43:05	5:10	14	24:30	61	26:07	119.00	11:17:02	5:41	24	2:36:38	191	3:26:03
Wanderhütte an	13.50	1:33:40	6:56	45	39:22	174	42:19	132.50	12:50:42	5:48	30	3:05:10	191	4:07:20
Brennersgrün	15.90	1:24:44	5:19	19	20:38	78	27:36	148.40	14:15:26	5:45	25	3:20:03	191	4:33:44
Blankenstein	20.30	1:58:05	5:49	38	41:28	142	1:58:05	168.97	16:13:31	5:45	29	4:01:31	129	5:14:57