



23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

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Die Pleißbezwinger

□□: Lauffreff Breitungen
 □□: 513

□□: 168.97 km
 Hörschel-Blankenstein

□□□□:
 Mixstaffel

□□□: 16:13:58

□□: 10.35 km/h
 □□□□: 5:45 min/km

□□□□□: 130 (of 191)

□□□□□□: 10:58:34

□□□□□: 30(of 54)

□□□□□□□: 12:12:00

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:04:08	4:34	4	7:19	12	7:54	14.00	1:04:08	4:34	4	7:19	192	7:54
Grenzwiese/Kleir	19.60	1:40:37	5:08	14	23:51	59	24:39	33.60	2:44:45	4:54	9	25:56	191	32:08
Neue Ausspanne	14.00	1:18:36	5:36	23	18:58	105	25:27	47.60	4:03:21	5:06	9	38:49	191	55:13
Grenzadler (Ober	13.70	1:27:54	6:24	39	26:36	156	36:02	61.30	5:31:15	5:24	13	52:04	191	1:27:05
Allzunah	19.90	1:30:48	4:33	12	18:58	46	22:44	81.20	7:02:03	5:11	10	57:12	191	1:46:56
Masserberg (Ren	17.90	1:45:11	5:52	34	28:13	134	36:51	99.10	8:47:14	5:19	13	1:25:25	191	2:17:45
Neuhaus (Rennst	19.90	2:00:22	6:02	37	41:47	141	43:24	119.00	10:47:36	5:26	16	2:07:12	191	2:56:37
Wanderhütte an	13.50	1:25:32	6:20	33	31:14	150	34:11	132.50	12:13:08	5:31	17	2:27:36	191	3:29:46
Brennersgrün	15.90	1:53:24	7:07	52	49:18	183	56:16	148.40	14:06:32	5:42	22	3:11:09	191	4:24:50
Blankenstein	20.30	2:07:26	6:16	48	50:49	173	2:07:26	168.97	16:13:58	5:45	30	4:01:58	130	5:15:24