



# 23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

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KV Thüringen

□□: 532

□□: 168.97 km

Hörschel-Blankenstein

□□□□:

Mixstaffel

□□□: 16:15:16

□□: 10.34 km/h

□□□□: 5:46 min/km

□□□□□: 133 (of 191)

□□□□□□: 10:58:34

□□□□□: 31(of 54)

□□□□□□□: 12:12:00

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:18:55	5:38	24	22:06	106	22:41	14.00	1:18:55	5:38	24	22:06	192	22:41
Grenzwiese/Kleir	19.60	1:44:06	5:18	20	27:20	81	28:08	33.60	3:03:01	5:26	18	44:12	191	50:24
Neue Ausspanne	14.00	1:14:38	5:19	17	15:00	86	21:29	47.60	4:17:39	5:24	15	53:07	191	1:09:31
Grenzadler (Ober	13.70	1:08:07	4:58	3	6:49	37	16:15	61.30	5:25:46	5:18	12	46:35	191	1:21:36
Allzunah	19.90	2:15:25	6:48	53	1:03:35	186	1:07:21	81.20	7:41:11	5:40	26	1:36:20	191	2:26:04
Masserberg (Ren	17.90	1:37:00	5:25	17	20:02	86	28:40	99.10	9:18:11	5:37	24	1:56:22	191	2:48:42
Neuhaus (Rennst	19.90	2:03:12	6:11	40	44:37	150	46:14	119.00	11:21:23	5:43	27	2:40:59	191	3:30:24
Wanderhütte an	13.50	1:35:25	7:04	48	41:07	177	44:04	132.50	12:56:48	5:51	34	3:11:16	191	4:13:26
Brennersgrün	15.90	1:37:04	6:06	38	32:58	147	39:56	148.40	14:33:52	5:53	36	3:38:29	191	4:52:10
Blankenstein	20.30	1:41:24	4:59	13	24:47	81	1:41:24	168.97	16:15:16	5:46	31	4:03:16	133	5:16:42