



# 23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

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Fellbergläufer

□□□: 16:20:15

□□: 520

□□: 10.28 km/h

□□□□: 5:48 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 140 (of 191)

□□□□□□: 10:58:34

□□□□:

□□□□□: 34(of 54)

Mixstaffel

□□□□□□□: 12:12:00

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:30:55	6:29	46	34:06	170	34:41	14.00	1:30:55	6:29	46	34:06	192	34:41
Grenzwiese/Kleir	19.60	1:49:27	5:35	28	32:41	104	33:29	33.60	3:20:22	5:57	39	1:01:33	191	1:07:45
Neue Ausspanne	14.00	1:22:42	5:54	31	23:04	126	29:33	47.60	4:43:04	5:56	34	1:18:32	191	1:34:56
Grenzdler (Ober	13.70	1:29:08	6:30	41	27:50	162	37:16	61.30	6:12:12	6:04	38	1:33:01	191	2:08:02
Allzunah	19.90	1:48:57	5:28	36	37:07	134	40:53	81.20	8:01:09	5:55	38	1:56:18	191	2:46:02
Masserberg (Ren	17.90	1:37:58	5:28	20	21:00	95	29:38	99.10	9:39:07	5:50	35	2:17:18	191	3:09:38
Neuhaus (Rennst	19.90	1:49:13	5:29	20	30:38	92	32:15	119.00	11:28:20	5:47	33	2:47:56	191	3:37:21
Wanderhütte an	13.50	1:09:19	5:08	7	15:01	49	17:58	132.50	12:37:39	5:43	24	2:52:07	191	3:54:17
Brennersgrün	15.90	1:42:10	6:25	45	38:04	163	45:02	148.40	14:19:49	5:47	26	3:24:26	191	4:38:07
Blankenstein	20.30	2:00:26	5:55	40	43:49	150	2:00:26	168.97	16:20:15	5:48	34	4:08:15	140	5:21:41