



23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

□□□□

Rennsteigoldies - Next Generations □□□: 16:29:50

□□: 549

□□: 168.97 km

Hörschel-Blankenstein

□□□□:

Mixstaffel

□□: 10.18 km/h

□□□□: 5:51 min/km

□□□□□: 142 (of 191)

□□□□□□: 10:58:34

□□□□□: 35(of 54)

□□□□□□□: 12:12:00

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:24:05	6:00	36	27:16	146	27:51	14.00	1:24:05	6:00	36	27:16	192	27:51
Grenzwiese/Kleir	19.60	2:02:44	6:15	47	45:58	161	46:46	33.60	3:26:49	6:09	43	1:08:00	191	1:14:12
Neue Ausspanne	14.00	1:28:12	6:17	42	28:34	159	35:03	47.60	4:55:01	6:11	48	1:30:29	191	1:46:53
Grenzdler (Ober	13.70	1:19:40	5:48	23	18:22	106	27:48	61.30	6:14:41	6:06	43	1:35:30	191	2:10:31
Allzunah	19.90	1:46:33	5:21	32	34:43	124	38:29	81.20	8:01:14	5:55	39	1:56:23	191	2:46:07
Masserberg (Ren	17.90	1:52:19	6:16	44	35:21	160	43:59	99.10	9:53:33	5:59	40	2:31:44	191	3:24:04
Neuhaus (Rennst	19.90	1:59:05	5:59	34	40:30	136	42:07	119.00	11:52:38	5:59	41	3:12:14	191	4:01:39
Wanderhütte an	13.50	1:15:47	5:36	10	21:29	84	24:26	132.50	13:08:25	5:57	39	3:22:53	191	4:25:03
Brennersgrün	15.90	1:31:46	5:46	28	27:40	124	34:38	148.40	14:40:11	5:55	39	3:44:48	191	4:58:29
Blankenstein	20.30	1:49:39	5:24	28	33:02	121	1:49:39	168.97	16:29:50	5:51	35	4:17:50	142	5:31:16