



# 23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

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fit & run Irrläufer

□□□: 16:33:24

□□: 522

□□: 10.15 km/h

□□□□: 5:52 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 143 (of 191)

□□□□□□: 10:58:34

□□□□:

□□□□□: 36(of 54)

Mixstaffel

□□□□□□□: 12:12:00

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:13:00	5:12	13	16:11	58	16:46	14.00	1:13:00	5:12	13	16:11	192	16:46
Grenzwiese/Kleir	19.60	1:55:48	5:54	37	39:02	134	39:50	33.60	3:08:48	5:37	25	49:59	191	56:11
Neue Ausspanne	14.00	1:31:03	6:30	44	31:25	168	37:54	47.60	4:39:51	5:52	29	1:15:19	191	1:31:43
Grenzdler (Ober	13.70	1:14:52	5:27	14	13:34	76	23:00	61.30	5:54:43	5:47	25	1:15:32	191	1:50:33
Allzunah	19.90	1:42:11	5:08	25	30:21	101	34:07	81.20	7:36:54	5:37	23	1:32:03	191	2:21:47
Masserberg (Ren	17.90	1:46:38	5:57	37	29:40	143	38:18	99.10	9:23:32	5:41	26	2:01:43	191	2:54:03
Neuhaus (Rennst	19.90	2:03:50	6:13	41	45:15	152	46:52	119.00	11:27:22	5:46	31	2:46:58	191	3:36:23
Wanderhütte an	13.50	1:24:01	6:13	29	29:43	140	32:40	132.50	12:51:23	5:49	31	3:05:51	191	4:08:01
Brennersgrün	15.90	1:36:13	6:03	34	32:07	141	39:05	148.40	14:27:36	5:50	32	3:32:13	191	4:45:54
Blankenstein	20.30	2:05:48	6:11	47	49:11	170	2:05:48	168.97	16:33:24	5:52	36	4:21:24	143	5:34:50