



# 23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

□□□□

Flachlandläufer

□□□: 16:33:59

□□: 523

□□: 10.14 km/h

□□□□: 5:52 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 144 (of 191)

□□□□□□: 10:58:34

□□□□:

□□□□□: 37(of 54)

Mixstaffel

□□□□□□□: 12:12:00

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:18:06	5:34	21	21:17	95	21:52	14.00	1:18:06	5:34	21	21:17	192	21:52
Grenzwiese/Kleir	19.60	2:07:51	6:31	49	51:05	173	51:53	33.60	3:25:57	6:07	41	1:07:08	191	1:13:20
Neue Ausspanne	14.00	1:18:26	5:36	22	18:48	103	25:17	47.60	4:44:23	5:58	36	1:19:51	191	1:36:15
Grenzdler (Ober	13.70	1:21:43	5:57	27	20:25	117	29:51	61.30	6:06:06	5:58	30	1:26:55	191	2:01:56
Allzunah	19.90	1:47:37	5:24	33	35:47	126	39:33	81.20	7:53:43	5:50	31	1:48:52	191	2:38:36
Masserberg (Ren	17.90	1:39:50	5:34	23	22:52	108	31:30	99.10	9:33:33	5:47	29	2:11:44	191	3:04:04
Neuhaus (Rennst	19.90	2:28:05	7:26	52	1:09:30	185	1:11:07	119.00	12:01:38	6:03	43	3:21:14	191	4:10:39
Wanderhütte an	13.50	1:19:28	5:53	19	25:10	116	28:07	132.50	13:21:06	6:02	41	3:35:34	191	4:37:44
Brennersgrün	15.90	1:17:18	4:51	7	13:12	38	20:10	148.40	14:38:24	5:55	38	3:43:01	191	4:56:42
Blankenstein	20.30	1:55:35	5:41	35	38:58	135	1:55:35	168.97	16:33:59	5:52	37	4:21:59	144	5:35:25