



# 23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

□□□□

Rennsteig Runners by EDEKA

□□□: 16:35:27

□□: 208

□□: 10.13 km/h

□□□□: 5:53 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 145 (of 191)

□□□□□□: 10:58:34

□□□□:

□□□□□: 38(of 54)

Mixstaffel

□□□□□□□: 12:12:00

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:23:35	5:58	34	26:46	141	27:21	14.00	1:23:35	5:58	34	26:46	192	27:21
Grenzwiese/Kleir	19.60	1:43:57	5:18	18	27:11	79	27:59	33.60	3:07:32	5:34	23	48:43	191	54:55
Neue Ausspanne	14.00	1:21:52	5:50	28	22:14	121	28:43	47.60	4:29:24	5:39	20	1:04:52	191	1:21:16
Grenzdler (Ober	13.70	1:15:24	5:30	17	14:06	82	23:32	61.30	5:44:48	5:37	17	1:05:37	191	1:40:38
Allzunah	19.90	1:59:07	5:59	49	47:17	166	51:03	81.20	7:43:55	5:42	28	1:39:04	191	2:28:48
Masserberg (Ren	17.90	1:30:11	5:02	14	13:13	52	21:51	99.10	9:14:06	5:35	22	1:52:17	191	2:44:37
Neuhaus (Rennst	19.90	2:13:28	6:42	46	54:53	176	56:30	119.00	11:27:34	5:46	32	2:47:10	191	3:36:35
Wanderhütte an	13.50	1:24:53	6:17	31	30:35	146	33:32	132.50	12:52:27	5:49	32	3:06:55	191	4:09:05
Brennersgrün	15.90	1:39:25	6:15	42	35:19	154	42:17	148.40	14:31:52	5:52	34	3:36:29	191	4:50:10
Blankenstein	20.30	2:03:35	6:05	46	46:58	166	2:03:35	168.97	16:35:27	5:53	38	4:23:27	145	5:36:53