



23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

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Die Phantastischen 10

□□□: 16:41:42

□□: 512

□□: 10.12 km/h

□□□□: 5:55 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 152 (of 191)

□□□□□□: 10:58:34

□□□□:

□□□□□: 40(of 54)

Mixstaffel

□□□□□□□: 12:12:00

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:33:13	6:39	48	36:24	178	36:59	14.00	1:33:13	6:39	48	36:24	192	36:59
Grenzwiese/Kleir	19.60	2:11:27	6:42	51	54:41	176	55:29	33.60	3:44:40	6:41	52	1:25:51	191	1:32:03
Neue Ausspanne	14.00	1:16:31	5:27	18	16:53	92	23:22	47.60	5:01:11	6:19	51	1:36:39	191	1:53:03
Grenzdler (Ober	13.70	1:33:58	6:51	47	32:40	175	42:06	61.30	6:35:09	6:26	49	1:55:58	191	2:30:59
Allzunah	19.90	1:48:00	5:25	34	36:10	129	39:56	81.20	8:23:09	6:11	50	2:18:18	191	3:08:02
Masserberg (Ren	17.90	1:38:26	5:29	21	21:28	98	30:06	99.10	10:01:35	6:04	44	2:39:46	191	3:32:06
Neuhaus (Rennst	19.90	1:44:33	5:15	16	25:58	68	27:35	119.00	11:46:08	5:56	40	3:05:44	191	3:55:09
Wanderhütte an	13.50	1:30:02	6:40	43	35:44	166	38:41	132.50	13:16:10	6:00	40	3:30:38	191	4:32:48
Brennersgrün	15.90	1:32:17	5:48	29	28:11	125	35:09	148.40	14:48:27	5:59	42	3:53:04	191	5:06:45
Blankenstein	20.30	1:53:15	5:34	32	36:38	129	1:53:15	168.97	16:41:42	5:55	40	4:29:42	152	5:43:08