



23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

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Roter Stern Pfafferode II

□□□: 16:50:42

□□: 553

□□: 10.03 km/h

□□□□: 5:58 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 159 (of 191)

□□□□□□: 10:58:34

□□□□:

□□□□□: 42(of 54)

Mixstaffel

□□□□□□□: 12:12:00

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:35:30	6:49	52	38:41	185	39:16	14.00	1:35:30	6:49	52	38:41	192	39:16
Grenzwiese/Kleir	19.60	1:50:39	5:38	29	33:53	108	34:41	33.60	3:26:09	6:08	42	1:07:20	191	1:13:32
Neue Ausspanne	14.00	1:25:54	6:08	38	26:16	148	32:45	47.60	4:52:03	6:08	45	1:27:31	191	1:43:55
Grenzdler (Ober	13.70	1:17:08	5:37	19	15:50	93	25:16	61.30	6:09:11	6:01	33	1:30:00	191	2:05:01
Allzunah	19.90	1:53:51	5:43	44	42:01	151	45:47	81.20	8:03:02	5:56	41	1:58:11	191	2:47:55
Masserberg (Ren	17.90	1:32:41	5:10	15	15:43	66	24:21	99.10	9:35:43	5:48	31	2:13:54	191	3:06:14
Neuhaus (Rennst	19.90	1:50:51	5:34	22	32:16	102	33:53	119.00	11:26:34	5:46	30	2:46:10	191	3:35:35
Wanderhütte an	13.50	1:27:38	6:29	38	33:20	160	36:17	132.50	12:54:12	5:50	33	3:08:40	191	4:10:50
Brennersgrün	15.90	1:42:43	6:27	46	38:37	164	45:35	148.40	14:36:55	5:54	37	3:41:32	191	4:55:13
Blankenstein	20.30	2:13:47	6:35	53	57:10	183	2:13:47	168.97	16:50:42	5:58	42	4:38:42	159	5:52:08