



23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

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GutsMuths-Rennsteiglaufverein

□□□: 11:15:02

□□: GutsMuths-Rennsteiglaufverein e.V.

□□: 14.93 km/h

□□: 135

□□□□: 3:59 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 3 (of 191)

□□□□□□: 10:58:34

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□□□□□: 3(of 122)

Männerstaffel

□□□□□□□: 10:58:34

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	59:31	4:15	4	3:17	5	3:17	14.00	59:31	4:15	4	3:17	5	3:17
Grenzwiese/Kleir	19.60	1:18:52	4:01	3	2:54	4	2:54	33.60	2:18:23	4:07	3	5:46	3	5:46
Neue Ausspanne	14.00	55:48	3:59	4	2:39	4	2:39	47.60	3:14:11	4:04	3	6:03	3	6:03
Grenzdler (Ober	13.70	59:15	4:19	8	7:23	8	7:23	61.30	4:13:26	4:08	4	9:16	4	9:16
Allzunah	19.90	1:17:15	3:52	6	9:11	7	9:11	81.20	5:30:41	4:04	4	15:34	4	15:34
Masserberg (Ren	17.90	1:15:50	4:14	3	7:30	3	7:30	99.10	6:46:31	4:06	4	17:02	4	17:02
Neuhaus (Rennst	19.90	1:20:01	4:01	2	3:03	3	3:03	119.00	8:06:32	4:05	3	15:33	3	15:33
Wanderhütte an	13.50	51:58	3:50	2	0:37	2	0:37	132.50	8:58:30	4:03	3	15:08	3	15:08
Brennersgrün	15.90	59:39	3:45	4	2:31	4	2:31	148.40	9:58:09	4:01	3	16:27	3	16:27
Blankenstein	20.30	1:16:53	3:47	2	2:50	4	1:16:53	168.97	11:15:02	3:59	3	16:28	3	16:28