



23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

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The GOETHE - Ladies and Gentlemen □□□: 16:56:55

□□: 571

□□: 168.97 km

Hörschel-Blankenstein

□□□□:

Mixstaffel

□□: 9.97 km/h

□□□□: 6:01 min/km

□□□□□: 164 (of 191)

□□□□□□: 10:58:34

□□□□□: 44(of 54)

□□□□□□□: 12:12:00

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:20:48	5:46	30	23:59	124	24:34	14.00	1:20:48	5:46	30	23:59	192	24:34
Grenzwiese/Kleir	19.60	1:55:42	5:54	36	38:56	133	39:44	33.60	3:16:30	5:50	35	57:41	191	1:03:53
Neue Ausspanne	14.00	1:17:36	5:32	19	17:58	98	24:27	47.60	4:34:06	5:45	25	1:09:34	191	1:25:58
Grenzdler (Ober	13.70	1:45:02	7:40	52	43:44	187	53:10	61.30	6:19:08	6:11	46	1:39:57	191	2:14:58
Allzunah	19.90	1:29:59	4:31	11	18:09	42	21:55	81.20	7:49:07	5:46	29	1:44:16	191	2:34:00
Masserberg (Ren	17.90	1:54:44	6:24	48	37:46	166	46:24	99.10	9:43:51	5:53	37	2:22:02	191	3:14:22
Neuhaus (Rennst	19.90	1:32:19	4:38	5	13:44	25	15:21	119.00	11:16:10	5:40	23	2:35:46	191	3:25:11
Wanderhütte an	13.50	1:18:45	5:49	17	24:27	108	27:24	132.50	12:34:55	5:41	22	2:49:23	191	3:51:33
Brennersgrün	15.90	2:19:22	8:45	54	1:15:16	190	1:22:14	148.40	14:54:17	6:01	44	3:58:54	191	5:12:35
Blankenstein	20.30	2:02:38	6:02	42	46:01	156	2:02:38	168.97	16:56:55	6:01	44	4:44:55	164	5:58:21