



# 23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

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Team Skatstadtmarathon

□□□: 17:12:28

□□: 569

□□: 9.82 km/h

□□□□: 6:06 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 172 (of 191)

□□□□□□: 10:58:34

□□□□:

□□□□□: 45(of 54)

Mixstaffel

□□□□□□□: 12:12:00

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:17:21	5:31	18	20:32	90	21:07	14.00	1:17:21	5:31	18	20:32	192	21:07
Grenzwiese/Kleir	19.60	1:56:52	5:57	39	40:06	138	40:54	33.60	3:14:13	5:46	30	55:24	191	1:01:36
Neue Ausspanne	14.00	1:38:56	7:04	52	39:18	185	45:47	47.60	4:53:09	6:09	47	1:28:37	191	1:45:01
Grenzdler (Ober	13.70	1:21:21	5:56	26	20:03	115	29:29	61.30	6:14:30	6:06	41	1:35:19	191	2:10:20
Allzunah	19.90	1:51:30	5:36	40	39:40	143	43:26	81.20	8:06:00	5:59	44	2:01:09	191	2:50:53
Masserberg (Ren	17.90	1:48:38	6:04	39	31:40	150	40:18	99.10	9:54:38	6:00	41	2:32:49	191	3:25:09
Neuhaus (Rennst	19.90	2:13:52	6:43	47	55:17	177	56:54	119.00	12:08:30	6:07	45	3:28:06	191	4:17:31
Wanderhütte an	13.50	1:35:48	7:05	50	41:30	180	44:27	132.50	13:44:18	6:13	46	3:58:46	191	5:00:56
Brennersgrün	15.90	1:39:31	6:15	43	35:25	156	42:23	148.40	15:23:49	6:13	48	4:28:26	191	5:42:07
Blankenstein	20.30	1:48:39	5:21	25	32:02	113	1:48:39	168.97	17:12:28	6:06	45	5:00:28	172	6:13:54