



23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

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Aus Freude am laufen

□□□: 17:25:12

□□: 502

□□: 9.70 km/h

□□□□: 6:11 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 176 (of 191)

□□□□□□: 10:58:34

□□□□:

□□□□□: 47(of 54)

Mixstaffel

□□□□□□□: 12:12:00

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:24:18	6:01	38	27:29	149	28:04	14.00	1:24:18	6:01	38	27:29	192	28:04
Grenzwiese/Kleir	19.60	1:54:50	5:51	34	38:04	131	38:52	33.60	3:19:08	5:55	37	1:00:19	191	1:06:31
Neue Ausspanne	14.00	1:27:31	6:15	40	27:53	155	34:22	47.60	4:46:39	6:01	39	1:22:07	191	1:38:31
Grenzdler (Ober	13.70	1:21:20	5:56	25	20:02	114	29:28	61.30	6:07:59	6:00	31	1:28:48	191	2:03:49
Allzunah	19.90	1:53:35	5:42	43	41:45	149	45:31	81.20	8:01:34	5:55	40	1:56:43	191	2:46:27
Masserberg (Ren	17.90	1:45:48	5:54	36	28:50	140	37:28	99.10	9:47:22	5:55	38	2:25:33	191	3:17:53
Neuhaus (Rennst	19.90	2:22:10	7:08	50	1:03:35	182	1:05:12	119.00	12:09:32	6:07	46	3:29:08	191	4:18:33
Wanderhütte an	13.50	1:36:05	7:07	51	41:47	181	44:44	132.50	13:45:37	6:13	47	4:00:05	191	5:02:15
Brennersgrün	15.90	1:36:16	6:03	35	32:10	142	39:08	148.40	15:21:53	6:12	46	4:26:30	191	5:40:11
Blankenstein	20.30	2:03:19	6:04	44	46:42	164	2:03:19	168.97	17:25:12	6:11	47	5:13:12	176	6:26:38