



# 23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

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Harzer Teufel powered by michel.ingenieur **11:30:16**

□□: 138

□□: 14.60 km/h  
 □□□□: 4:05 min/km

□□: 168.97 km  
 Hörschel-Blankenstein

□□□□□: 4 (of 191)  
 □□□□□□: 10:58:34

□□□□:  
 Männerstaffel

□□□□□: 4(of 122)  
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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	59:39	4:15	5	3:25	6	3:25	14.00	59:39	4:15	5	3:25	6	3:25
Grenzwiese/Kleir	19.60	1:25:38	4:22	5	9:40	8	9:40	33.60	2:25:17	4:19	5	12:40	6	12:40
Neue Ausspanne	14.00	56:00	4:00	5	2:51	5	2:51	47.60	3:21:17	4:13	5	13:09	5	13:09
Grenzdler (Ober	13.70	56:25	4:07	3	4:33	3	4:33	61.30	4:17:42	4:12	5	13:32	5	13:32
Allzunah	19.90	1:15:02	3:46	5	6:58	6	6:58	81.20	5:32:44	4:05	5	17:37	5	17:37
Masserberg (Ren	17.90	1:16:59	4:18	6	8:39	7	8:39	99.10	6:49:43	4:08	5	20:14	5	20:14
Neuhaus (Rennst	19.90	1:29:08	4:28	12	12:10	15	12:10	119.00	8:18:51	4:11	5	27:52	5	27:52
Wanderhütte an	13.50	53:26	3:57	4	2:05	4	2:05	132.50	9:12:17	4:10	5	28:55	5	28:55
Brennersgrün	15.90	1:00:07	3:46	5	2:59	5	2:59	148.40	10:12:24	4:07	4	30:42	4	30:42
Blankenstein	20.30	1:17:52	3:50	3	3:49	5	1:17:52	168.97	11:30:16	4:05	4	31:42	4	31:42