



# 23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

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Road Runners Altenburg

□□□: 19:00:29

□□: 551

□□: 8.84 km/h

□□□□: 6:44 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 188 (of 191)

□□□□□□: 10:58:34

□□□□:

□□□□□: 53(of 54)

Mixstaffel

□□□□□□□: 12:12:00

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:21:56	5:51	31	25:07	134	25:42	14.00	1:21:56	5:51	31	25:07	192	25:42
Grenzwiese/Kleir	19.60	1:57:33	5:59	41	40:47	143	41:35	33.60	3:19:29	5:56	38	1:00:40	191	1:06:52
Neue Ausspanne	14.00	1:37:48	6:59	51	38:10	184	44:39	47.60	4:57:17	6:14	49	1:32:45	191	1:49:09
Grenzdler (Ober	13.70	1:53:00	8:14	54	51:42	190	1:01:08	61.30	6:50:17	6:41	53	2:11:06	191	2:46:07
Allzunah	19.90	2:08:07	6:26	52	56:17	179	1:00:03	81.20	8:58:24	6:37	52	2:53:33	191	3:43:17
Masserberg (Ren	17.90	2:00:14	6:43	50	43:16	177	51:54	99.10	10:58:38	6:38	54	3:36:49	191	4:29:09
Neuhaus (Rennst	19.90	2:19:54	7:01	49	1:01:19	181	1:02:56	119.00	13:18:32	6:42	54	4:38:08	191	5:27:33
Wanderhütte an	13.50	1:41:16	7:30	52	46:58	186	49:55	132.50	14:59:48	6:47	54	5:14:16	191	6:16:26
Brennersgrün	15.90	1:59:50	7:32	53	55:44	188	1:02:42	148.40	16:59:38	6:52	54	6:04:15	191	7:17:56
Blankenstein	20.30	2:00:51	5:57	41	44:14	151	2:00:51	168.97	19:00:29	6:44	54	6:48:29	189	8:01:55