



# 23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

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Oßwald Damen

□□□: 13:20:40

□□: 580

□□: 12.59 km/h

□□□□: 4:44 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 23 (of 191)

□□□□□□: 10:58:34

□□□□:

□□□□□: 2(of 15)

Frauenstaffel

□□□□□□□: 12:59:51

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:06:48	4:46	1	-	24	10:34	14.00	1:06:48	4:46	1	-	192	10:34
Grenzwiese/Kleir	19.60	1:39:51	5:05	2	9:00	56	23:53	33.60	2:46:39	4:57	2	1:42	191	34:02
Neue Ausspanne	14.00	1:10:20	5:01	3	5:37	59	17:11	47.60	3:56:59	4:58	2	7:19	191	48:51
Grenzdler (Ober	13.70	1:11:54	5:14	4	7:47	54	20:02	61.30	5:08:53	5:02	2	15:06	191	1:04:43
Allzunah	19.90	1:29:17	4:29	2	7:20	39	21:13	81.20	6:38:10	4:54	2	22:26	191	1:23:03
Masserberg (Ren	17.90	1:23:17	4:39	1	-	20	14:57	99.10	8:01:27	4:51	2	14:42	191	1:31:58
Neuhaus (Rennst	19.90	1:44:23	5:14	3	9:31	66	27:25	119.00	9:45:50	4:55	2	24:13	191	1:54:51
Wanderhütte an	13.50	1:00:26	4:28	1	-	12	9:05	132.50	10:46:16	4:52	2	23:28	191	2:02:54
Brennersgrün	15.90	1:09:06	4:20	1	-	11	11:58	148.40	11:55:22	4:49	2	20:58	191	2:13:40
Blankenstein	20.30	1:25:18	4:12	2	1:25:18	18	1:25:18	168.97	13:20:40	4:44	2	20:49	23	2:22:06