



23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

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Lauf-KulTour

□□: Lauf-KulTour e.V.

□□: 534

□□: 168.97 km

Hörschel-Blankenstein

□□□□:

Männerstaffel

□□□: 12:53:04

□□: 13.11 km/h

□□□□: 4:34 min/km

□□□□□: 12 (of 191)

□□□□□□: 10:58:34

□□□□□: 10(of 122)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:08:47	4:54	22	12:33	32	12:33	14.00	1:08:47	4:54	22	12:33	32	12:33
Grenzwiese/Kleir	19.60	1:34:00	4:47	24	18:02	36	18:02	33.60	2:42:47	4:50	15	30:10	23	30:10
Neue Ausspanne	14.00	1:02:27	4:27	15	9:18	17	9:18	47.60	3:45:14	4:43	14	37:06	19	37:06
Grenzadler (Ober	13.70	57:30	4:11	4	5:38	4	5:38	61.30	4:42:44	4:36	11	38:34	12	38:34
Allzunah	19.90	1:20:01	4:01	10	11:57	11	11:57	81.20	6:02:45	4:28	10	47:38	10	47:38
Masserberg (Ren	17.90	1:30:37	5:03	39	22:17	55	22:17	99.10	7:33:22	4:34	13	1:03:53	15	1:03:53
Neuhaus (Rennst	19.90	1:31:37	4:36	20	14:39	24	14:39	119.00	9:04:59	4:34	13	1:14:00	14	1:14:00
Wanderhütte an	13.50	1:03:06	4:40	16	11:45	21	11:45	132.50	10:08:05	4:35	11	1:24:43	12	1:24:43
Brennersgrün	15.90	1:08:26	4:18	9	11:18	10	11:18	148.40	11:16:31	4:33	8	1:34:49	9	1:34:49
Blankenstein	20.30	1:36:33	4:45	40	22:30	55	1:36:33	168.97	12:53:04	4:34	10	1:54:30	12	1:54:30