



23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

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Sömmerdaer Gipfelstürmer

□□□: 13:17:27

□□: Sömmerda

□□: 12.64 km/h

□□: 177

□□□□: 4:43 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 21 (of 191)

□□□□□□: 10:58:34

□□□□:

□□□□□: 16(of 122)

Männerstaffel

□□□□□□□: 10:58:34

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:13:41	5:15	49	17:27	63	17:27	14.00	1:13:41	5:15	49	17:27	63	17:27
Grenzwiese/Kleir	19.60	1:35:28	4:52	29	19:30	42	19:30	33.60	2:49:09	5:02	38	36:32	50	36:32
Neue Ausspanne	14.00	1:03:39	4:32	17	10:30	19	10:30	47.60	3:52:48	4:53	21	44:40	30	44:40
Grenzdler (Ober	13.70	1:05:13	4:45	22	13:21	24	13:21	61.30	4:58:01	4:51	19	53:51	26	53:51
Allzunah	19.90	1:41:07	5:04	70	33:03	96	33:03	81.20	6:39:08	4:54	24	1:24:01	32	1:24:01
Masserberg (Ren	17.90	1:28:42	4:57	29	20:22	40	20:22	99.10	8:07:50	4:55	19	1:38:21	27	1:38:21
Neuhaus (Rennst	19.90	1:29:58	4:31	15	13:00	19	13:00	119.00	9:37:48	4:51	18	1:46:49	23	1:46:49
Wanderhütte an	13.50	1:02:03	4:35	15	10:42	19	10:42	132.50	10:39:51	4:49	17	1:56:29	22	1:56:29
Brennersgrün	15.90	1:11:23	4:29	12	14:15	15	14:15	148.40	11:51:14	4:47	17	2:09:32	22	2:09:32
Blankenstein	20.30	1:26:13	4:14	14	12:10	21	1:26:13	168.97	13:17:27	4:43	16	2:18:53	21	2:18:53