



23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

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X-Runners 2

□□: X-Runners Jena e.V.

□□: 210

□□: 168.97 km

Hörschel-Blankenstein

□□□□:

Männerstaffel

□□□: 13:29:36

□□: 12.45 km/h

□□□□: 4:47 min/km

□□□□□: 24 (of 191)

□□□□□□: 10:58:34

□□□□□: 18(of 122)

□□□□□□□: 10:58:34

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:04:17	4:35	9	8:03	13	8:03	14.00	1:04:17	4:35	9	8:03	13	8:03
Grenzwiese/Kleir	19.60	1:42:46	5:14	52	26:48	70	26:48	33.60	2:47:03	4:58	25	34:26	37	34:26
Neue Ausspanne	14.00	1:09:34	4:58	42	16:25	51	16:25	47.60	3:56:37	4:58	26	48:29	35	48:29
Grenzdler (Ober	13.70	1:12:12	5:16	45	20:20	57	20:20	61.30	5:08:49	5:02	27	1:04:39	36	1:04:39
Allzunah	19.90	1:34:28	4:44	44	26:24	61	26:24	81.20	6:43:17	4:57	27	1:28:10	36	1:28:10
Masserberg (Ren	17.90	1:26:06	4:48	21	17:46	30	17:46	99.10	8:09:23	4:56	20	1:39:54	28	1:39:54
Neuhaus (Rennst	19.90	1:30:11	4:31	16	13:13	20	13:13	119.00	9:39:34	4:52	19	1:48:35	26	1:48:35
Wanderhütte an	13.50	1:06:35	4:55	30	15:14	36	15:14	132.50	10:46:09	4:52	19	2:02:47	24	2:02:47
Brennersgrün	15.90	1:14:37	4:41	18	17:29	23	17:29	148.40	12:00:46	4:51	19	2:19:04	25	2:19:04
Blankenstein	20.30	1:28:50	4:22	23	14:47	31	1:28:50	168.97	13:29:36	4:47	18	2:31:02	24	2:31:02