



# 23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

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Laufsport Triptis

□□□: 13:49:40

□□: 151

□□: 12.15 km/h

□□□□: 4:54 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 29 (of 191)

□□□□□□: 10:58:34

□□□□:

□□□□□: 22(of 122)

Männerstaffel

□□□□□□□: 10:58:34

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:10:15	5:01	27	14:01	37	14:01	14.00	1:10:15	5:01	27	14:01	37	14:01
Grenzwiese/Kleir	19.60	1:47:00	5:27	67	31:02	91	31:02	33.60	2:57:15	5:16	48	44:38	65	44:38
Neue Ausspanne	14.00	1:12:10	5:09	55	19:01	69	19:01	47.60	4:09:25	5:14	42	1:01:17	55	1:01:17
Grenzdler (Ober	13.70	1:14:29	5:26	54	22:37	70	22:37	61.30	5:23:54	5:17	40	1:19:44	52	1:19:44
Allzunah	19.90	1:27:44	4:24	24	19:40	32	19:40	81.20	6:51:38	5:04	33	1:36:31	43	1:36:31
Masserberg (Ren	17.90	1:25:25	4:46	18	17:05	27	17:05	99.10	8:17:03	5:00	29	1:47:34	37	1:47:34
Neuhaus (Rennst	19.90	1:36:22	4:50	29	19:24	37	19:24	119.00	9:53:25	4:59	26	2:02:26	34	2:02:26
Wanderhütte an	13.50	1:08:06	5:02	36	16:45	45	16:45	132.50	11:01:31	4:59	28	2:18:09	36	2:18:09
Brennersgrün	15.90	1:15:34	4:45	22	18:26	27	18:26	148.40	12:17:05	4:58	24	2:35:23	32	2:35:23
Blankenstein	20.30	1:32:35	4:33	30	18:32	42	1:32:35	168.97	13:49:40	4:54	22	2:51:06	29	2:51:06