



23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

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Triathlon Friedrichroda e.V.

□□□: 13:53:50

□□: 574

□□: 12.09 km/h

□□□□: 4:56 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 31 (of 191)

□□□□□□: 10:58:34

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□□□□□: 23(of 122)

Männerstaffel

□□□□□□□: 10:58:34

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:12:15	5:09	36	16:01	47	16:01	14.00	1:12:15	5:09	36	16:01	47	16:01
Grenzwiese/Kleir	19.60	1:35:25	4:52	28	19:27	41	19:27	33.60	2:47:40	4:59	29	35:03	41	35:03
Neue Ausspanne	14.00	1:10:26	5:01	48	17:17	61	17:17	47.60	3:58:06	5:00	27	49:58	37	49:58
Grenzdler (Ober	13.70	1:00:10	4:23	12	8:18	12	8:18	61.30	4:58:16	4:51	20	54:06	27	54:06
Allzunah	19.90	1:36:59	4:52	50	28:55	68	28:55	81.20	6:35:15	4:52	18	1:20:08	25	1:20:08
Masserberg (Ren	17.90	1:36:57	5:24	63	28:37	85	28:37	99.10	8:12:12	4:58	22	1:42:43	30	1:42:43
Neuhaus (Rennst	19.90	1:33:18	4:41	25	16:20	30	16:20	119.00	9:45:30	4:55	22	1:54:31	29	1:54:31
Wanderhütte an	13.50	1:13:46	5:27	55	22:25	69	22:25	132.50	10:59:16	4:58	27	2:15:54	34	2:15:54
Brennersgrün	15.90	1:27:29	5:30	69	30:21	100	30:21	148.40	12:26:45	5:01	26	2:45:03	34	2:45:03
Blankenstein	20.30	1:27:05	4:17	18	13:02	25	1:27:05	168.97	13:53:50	4:56	23	2:55:16	31	2:55:16