



# 23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

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SWETy vom SWE Laufteam

□□□: 13:54:14

□□: 180

□□: 12.15 km/h

□□□□: 4:56 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 32 (of 191)

□□□□□□: 10:58:34

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□□□□□: 24(of 122)

Männerstaffel

□□□□□□□: 10:58:34

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:09:46	4:59	26	13:32	36	13:32	14.00	1:09:46	4:59	26	13:32	36	13:32
Grenzwiese/Kleir	19.60	1:36:19	4:54	32	20:21	45	20:21	33.60	2:46:05	4:56	22	33:28	33	33:28
Neue Ausspanne	14.00	1:05:15	4:39	24	12:06	27	12:06	47.60	3:51:20	4:51	17	43:12	26	43:12
Grenzdler (Ober	13.70	1:00:30	4:24	13	8:38	13	8:38	61.30	4:51:50	4:45	16	47:40	20	47:40
Allzunah	19.90	1:45:00	5:16	82	36:56	114	36:56	81.20	6:36:50	4:53	19	1:21:43	26	1:21:43
Masserberg (Ren	17.90	1:25:57	4:48	19	17:37	28	17:37	99.10	8:02:47	4:52	17	1:33:18	25	1:33:18
Neuhaus (Rennst	19.90	1:44:20	5:14	48	27:22	65	27:22	119.00	9:47:07	4:56	23	1:56:08	31	1:56:08
Wanderhütte an	13.50	1:07:00	4:57	32	15:39	38	15:39	132.50	10:54:07	4:56	24	2:10:45	30	2:10:45
Brennersgrün	15.90	1:20:30	5:03	38	23:22	52	23:22	148.40	12:14:37	4:57	23	2:32:55	29	2:32:55
Blankenstein	20.30	1:39:37	4:54	50	25:34	67	1:39:37	168.97	13:54:14	4:56	24	2:55:40	32	2:55:40