



23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

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Lady-X-Runners

□□: X-Runners Jena e.V.
 □□: 579

□□: 168.97 km
 Hörschel-Blankenstein

□□□□:
 Frauenstaffel

□□□: 15:09:31

□□: 11.15 km/h
 □□□□: 5:22 min/km

□□□□□: 74 (of 191)

□□□□□□: 10:58:34

□□□□□: 4(of 15)

□□□□□□□: 12:59:51

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:20:59	5:47	6	14:11	127	24:45	14.00	1:20:59	5:47	6	14:11	192	24:45
Grenzwiese/Kleir	19.60	1:57:44	6:00	6	26:53	144	41:46	33.60	3:18:43	5:54	5	33:46	191	1:06:06
Neue Ausspanne	14.00	1:19:31	5:40	8	14:48	107	26:22	47.60	4:38:14	5:50	6	48:34	191	1:30:06
Grenzdler (Ober	13.70	1:15:18	5:29	5	11:11	81	23:26	61.30	5:53:32	5:46	6	59:45	191	1:49:22
Allzunah	19.90	1:45:25	5:17	4	23:28	120	37:21	81.20	7:38:57	5:39	6	1:23:13	191	2:23:50
Masserberg (Ren	17.90	1:42:43	5:44	9	19:26	120	34:23	99.10	9:21:40	5:40	5	1:34:55	191	2:52:11
Neuhaus (Rennst	19.90	1:42:08	5:07	2	7:16	55	25:10	119.00	11:03:48	5:34	5	1:42:11	191	3:12:49
Wanderhütte an	13.50	1:07:59	5:02	4	7:33	44	16:38	132.50	12:11:47	5:31	4	1:48:59	191	3:28:25
Brennersgrün	15.90	1:26:05	5:24	8	16:59	90	28:57	148.40	13:37:52	5:30	4	2:03:28	191	3:56:10
Blankenstein	20.30	1:31:39	4:30	5	1:31:39	39	1:31:39	168.97	15:09:31	5:22	4	2:09:40	74	4:10:57