



23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

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Benses City Runners

□□□: 14:06:15

□□: 107

□□: 11.98 km/h
□□□□: 5:00 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 35 (of 191)

□□□□□□: 10:58:34

□□□□:

□□□□□: 27(of 122)

Männerstaffel

□□□□□□□: 10:58:34

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:11:57	5:08	35	15:43	45	15:43	14.00	1:11:57	5:08	35	15:43	45	15:43
Grenzwiese/Kleir	19.60	1:35:15	4:51	27	19:17	40	19:17	33.60	2:47:12	4:58	26	34:35	38	34:35
Neue Ausspanne	14.00	1:14:08	5:17	63	20:59	81	20:59	47.60	4:01:20	5:04	33	53:12	43	53:12
Grenzdler (Ober	13.70	1:27:32	6:23	102	35:40	153	35:40	61.30	5:28:52	5:21	43	1:24:42	58	1:24:42
Allzunah	19.90	1:22:37	4:09	15	14:33	19	14:33	81.20	6:51:29	5:04	32	1:36:22	42	1:36:22
Masserberg (Ren	17.90	1:36:30	5:23	62	28:10	84	28:10	99.10	8:27:59	5:07	37	1:58:30	46	1:58:30
Neuhaus (Rennst	19.90	1:31:23	4:35	18	14:25	22	14:25	119.00	9:59:22	5:02	30	2:08:23	38	2:08:23
Wanderhütte an	13.50	1:05:36	4:51	28	14:15	34	14:15	132.50	11:04:58	5:01	29	2:21:36	37	2:21:36
Brennersgrün	15.90	1:24:33	5:19	53	27:25	76	27:25	148.40	12:29:31	5:03	27	2:47:49	35	2:47:49
Blankenstein	20.30	1:36:44	4:45	41	22:41	57	1:36:44	168.97	14:06:15	5:00	27	3:07:41	35	3:07:41