



23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

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Werraläufer

□□□: 14:14:09

□□: 206

□□: 11.80 km/h

□□□□: 5:03 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 37 (of 191)

□□□□□□: 10:58:34

□□□□:

□□□□□: 29(of 122)

Männerstaffel

□□□□□□□: 10:58:34

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:10:19	5:01	28	14:05	38	14:05	14.00	1:10:19	5:01	28	14:05	38	14:05
Grenzwiese/Kleir	19.60	1:52:38	5:44	82	36:40	117	36:40	33.60	3:02:57	5:26	57	50:20	76	50:20
Neue Ausspanne	14.00	1:19:32	5:40	77	26:23	108	26:23	47.60	4:22:29	5:30	68	1:14:21	87	1:14:21
Grenzdler (Ober	13.70	1:14:42	5:27	58	22:50	75	22:50	61.30	5:37:11	5:30	61	1:33:01	78	1:33:01
Allzunah	19.90	1:23:57	4:13	17	15:53	22	15:53	81.20	7:01:08	5:11	45	1:46:01	56	1:46:01
Masserberg (Ren	17.90	1:19:13	4:25	10	10:53	12	10:53	99.10	8:20:21	5:02	33	1:50:52	42	1:50:52
Neuhaus (Rennst	19.90	1:28:39	4:27	11	11:41	14	11:41	119.00	9:49:00	4:56	24	1:58:01	32	1:58:01
Wanderhütte an	13.50	1:07:06	4:58	33	15:45	39	15:45	132.50	10:56:06	4:57	25	2:12:44	31	2:12:44
Brennersgrün	15.90	1:37:39	6:08	97	40:31	148	40:31	148.40	12:33:45	5:04	29	2:52:03	37	2:52:03
Blankenstein	20.30	1:40:24	4:56	56	26:21	73	1:40:24	168.97	14:14:09	5:03	29	3:15:35	37	3:15:35