



23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

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Die himmelblauen Gazellen des LTV □□□: 14:14:12

□□: LTV Erfurt e.V.

□□: 11.80 km/h

□□: 119

□□□□: 5:03 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 38 (of 191)

□□□□□□: 10:58:34

□□□□:

□□□□□: 30(of 122)

Männerstaffel

□□□□□□□: 10:58:34

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:06:29	4:44	17	10:15	22	10:15	14.00	1:06:29	4:44	17	10:15	22	10:15
Grenzwiese/Kleir	19.60	1:40:45	5:08	45	24:47	61	24:47	33.60	2:47:14	4:58	27	34:37	39	34:37
Neue Ausspanne	14.00	1:05:22	4:40	25	12:13	28	12:13	47.60	3:52:36	4:53	20	44:28	29	44:28
Grenzdler (Ober	13.70	1:07:59	4:57	32	16:07	35	16:07	61.30	5:00:35	4:54	21	56:25	29	56:25
Allzunah	19.90	1:40:12	5:02	64	32:08	86	32:08	81.20	6:40:47	4:56	25	1:25:40	33	1:25:40
Masserberg (Ren	17.90	1:39:20	5:32	76	31:00	104	31:00	99.10	8:20:07	5:02	32	1:50:38	40	1:50:38
Neuhaus (Rennst	19.90	1:50:23	5:32	74	33:25	100	33:25	119.00	10:10:30	5:07	35	2:19:31	44	2:19:31
Wanderhütte an	13.50	1:17:52	5:46	81	26:31	101	26:31	132.50	11:28:22	5:11	37	2:45:00	46	2:45:00
Brennersgrün	15.90	1:18:03	4:54	30	20:55	42	20:55	148.40	12:46:25	5:09	35	3:04:43	43	3:04:43
Blankenstein	20.30	1:27:47	4:19	21	13:44	28	1:27:47	168.97	14:14:12	5:03	30	3:15:38	38	3:15:38