



# 23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

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## Trefffurter Sperrachen

□□: Laufgruppe Trefffurt

□□: 199

□□: 168.97 km

Hörschel-Blankenstein

□□□□:

Männerstaffel

□□□: 14:14:59

□□: 11.79 km/h

□□□□: 5:03 min/km

□□□□□: 39 (of 191)

□□□□□□: 10:58:34

□□□□□: 31(of 122)

□□□□□□□: 10:58:34

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:17:20	5:31	69	21:06	89	21:06	14.00	1:17:20	5:31	69	21:06	89	21:06
Grenzwiese/Kleir	19.60	1:51:25	5:41	78	35:27	111	35:27	33.60	3:08:45	5:37	78	56:08	106	56:08
Neue Ausspanne	14.00	1:03:20	4:31	16	10:11	18	10:11	47.60	4:12:05	5:17	48	1:03:57	61	1:03:57
Grenzdler (Ober	13.70	1:07:31	4:55	30	15:39	33	15:39	61.30	5:19:36	5:12	36	1:15:26	46	1:15:26
Allzunah	19.90	1:37:59	4:55	55	29:55	76	29:55	81.20	6:57:35	5:08	43	1:42:28	53	1:42:28
Masserberg (Ren	17.90	1:31:53	5:07	46	23:33	64	23:33	99.10	8:29:28	5:08	38	1:59:59	47	1:59:59
Neuhaus (Rennst	19.90	1:51:10	5:35	77	34:12	105	34:12	119.00	10:20:38	5:12	41	2:29:39	50	2:29:39
Wanderhütte an	13.50	1:11:18	5:16	46	19:57	60	19:57	132.50	11:31:56	5:13	39	2:48:34	48	2:48:34
Brennersgrün	15.90	1:15:20	4:44	21	18:12	26	18:12	148.40	12:47:16	5:10	36	3:05:34	44	3:05:34
Blankenstein	20.30	1:27:43	4:19	20	13:40	27	1:27:43	168.97	14:14:59	5:03	31	3:16:25	39	3:16:25