



23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

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Laufkundschaft

□□: Laufkundschaft
 □□: 150

□□: 168.97 km
 Hörschel-Blankenstein

□□□□:
 Männerstaffel

□□□: 14:16:00

□□: 11.78 km/h
 □□□□: 5:03 min/km

□□□□□: 40 (of 191)

□□□□□□: 10:58:34

□□□□□: 32(of 122)

□□□□□□□: 10:58:34

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:13:38	5:15	48	17:24	62	17:24	14.00	1:13:38	5:15	48	17:24	62	17:24
Grenzwiese/Kleir	19.60	1:43:30	5:16	57	27:32	76	27:32	33.60	2:57:08	5:16	47	44:31	64	44:31
Neue Ausspanne	14.00	1:10:07	5:00	45	16:58	56	16:58	47.60	4:07:15	5:11	40	59:07	53	59:07
Grenzdler (Ober	13.70	1:16:30	5:35	65	24:38	88	24:38	61.30	5:23:45	5:16	39	1:19:35	51	1:19:35
Allzunah	19.90	1:25:12	4:16	21	17:08	27	17:08	81.20	6:48:57	5:02	30	1:33:50	39	1:33:50
Masserberg (Ren	17.90	1:23:52	4:41	15	15:32	23	15:32	99.10	8:12:49	4:58	23	1:43:20	31	1:43:20
Neuhaus (Rennst	19.90	1:24:03	4:13	5	7:05	6	7:05	119.00	9:36:52	4:50	17	1:45:53	22	1:45:53
Wanderhütte an	13.50	1:14:44	5:32	64	23:23	78	23:23	132.50	10:51:36	4:55	22	2:08:14	28	2:08:14
Brennersgrün	15.90	1:45:12	6:36	112	48:04	174	48:04	148.40	12:36:48	5:05	30	2:55:06	38	2:55:06
Blankenstein	20.30	1:39:12	4:53	49	25:09	66	1:39:12	168.97	14:16:00	5:03	32	3:17:26	40	3:17:26