



# 23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

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## Heyeröder Hainichläufer

□□: Heyerode

□□: 141

□□: 168.97 km

Hörschel-Blankenstein

□□□□:

Männerstaffel

□□□: 14:21:45

□□: 11.70 km/h

□□□□: 5:06 min/km

□□□□□: 42 (of 191)

□□□□□□: 10:58:34

□□□□□: 34(of 122)

□□□□□□□: 10:58:34

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	□□
Hohe Sonne	14.00	1:25:46	6:07	107	29:32	154	29:32	14.00	1:25:46	6:07	107	29:32	154	29:32
Grenzwiese/Kleir	19.60	1:32:13	4:42	16	16:15	27	16:15	33.60	2:57:59	5:17	49	45:22	66	45:22
Neue Ausspanne	14.00	1:13:49	5:16	61	20:40	78	20:40	47.60	4:11:48	5:17	47	1:03:40	60	1:03:40
Grenzdler (Ober	13.70	1:12:15	5:16	46	20:23	58	20:23	61.30	5:24:03	5:17	41	1:19:53	53	1:19:53
Allzunah	19.90	1:37:12	4:53	51	29:08	70	29:08	81.20	7:01:15	5:11	47	1:46:08	58	1:46:08
Masserberg (Ren	17.90	1:35:06	5:18	54	26:46	76	26:46	99.10	8:36:21	5:12	43	2:06:52	53	2:06:52
Neuhaus (Rennst	19.90	1:47:16	5:23	58	30:18	80	30:18	119.00	10:23:37	5:14	43	2:32:38	52	2:32:38
Wanderhütte an	13.50	1:04:45	4:47	24	13:24	29	13:24	132.50	11:28:22	5:11	37	2:45:00	46	2:45:00
Brennersgrün	15.90	1:13:42	4:38	16	16:34	21	16:34	148.40	12:42:04	5:08	34	3:00:22	42	3:00:22
Blankenstein	20.30	1:39:41	4:54	51	25:38	68	1:39:41	168.97	14:21:45	5:06	34	3:23:11	42	3:23:11