



23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

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Vorwärts Rückwärts Oberschönau

□□□: 14:22:43

□□: SG Ober/Unterschönau

□□: 11.68 km/h

□□: 202

□□□□: 5:06 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 43 (of 191)

□□□□□□: 10:58:34

□□□□:

□□□□□: 35(of 122)

Männerstaffel

□□□□□□□: 10:58:34

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:12:43	5:11	40	16:29	53	16:29	14.00	1:12:43	5:11	40	16:29	53	16:29
Grenzwiese/Kleir	19.60	1:32:27	4:43	21	16:29	32	16:29	33.60	2:45:10	4:54	19	32:33	29	32:33
Neue Ausspanne	14.00	1:19:38	5:41	79	26:29	110	26:29	47.60	4:04:48	5:08	37	56:40	49	56:40
Grenzdler (Ober	13.70	1:05:12	4:45	21	13:20	23	13:20	61.30	5:10:00	5:03	29	1:05:50	39	1:05:50
Allzunah	19.90	1:27:49	4:24	26	19:45	34	19:45	81.20	6:37:49	4:53	20	1:22:42	27	1:22:42
Masserberg (Ren	17.90	1:37:31	5:26	65	29:11	89	29:11	99.10	8:15:20	4:59	26	1:45:51	34	1:45:51
Neuhaus (Rennst	19.90	1:42:06	5:07	42	25:08	54	25:08	119.00	9:57:26	5:01	29	2:06:27	37	2:06:27
Wanderhütte an	13.50	1:14:18	5:30	58	22:57	72	22:57	132.50	11:11:44	5:04	32	2:28:22	40	2:28:22
Brennersgrün	15.90	1:29:28	5:37	76	32:20	110	32:20	148.40	12:41:12	5:07	33	2:59:30	41	2:59:30
Blankenstein	20.30	1:41:31	5:00	64	27:28	82	1:41:31	168.97	14:22:43	5:06	35	3:24:09	43	3:24:09