



23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

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HaDuLuZuLa

□□□: 14:31:23

□□: 137

□□: 11.57 km/h
□□□□: 5:09 min/km

□□: 168.97 km
Hörschel-Blankenstein

□□□□□: 46 (of 191)

□□□□□□: 10:58:34

□□□□:
Männerstaffel

□□□□□: 37(of 122)

□□□□□□□: 10:58:34

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Hohe Sonne | 14.00 | 1:19:00 | 5:38 | 79 | 22:46 | 108 | 22:46 | 14.00 | 1:19:00 | 5:38 | 79 | 22:46 | 108 | 22:46 |
| Grenzwiese/Kleir | 19.60 | 1:30:00 | 4:35 | 11 | 14:02 | 19 | 14:02 | 33.60 | 2:49:00 | 5:01 | 37 | 36:23 | 49 | 36:23 |
| Neue Ausspanne | 14.00 | 1:14:16 | 5:18 | 65 | 21:07 | 83 | 21:07 | 47.60 | 4:03:16 | 5:06 | 36 | 55:08 | 46 | 55:08 |
| Grenzadler (Ober | 13.70 | 1:03:12 | 4:36 | 17 | 11:20 | 18 | 11:20 | 61.30 | 5:06:28 | 4:59 | 24 | 1:02:18 | 32 | 1:02:18 |
| Allzunah | 19.90 | 1:40:18 | 5:02 | 66 | 32:14 | 88 | 32:14 | 81.20 | 6:46:46 | 5:00 | 29 | 1:31:39 | 38 | 1:31:39 |
| Masserberg (Ren | 17.90 | 1:37:35 | 5:27 | 66 | 29:15 | 90 | 29:15 | 99.10 | 8:24:21 | 5:05 | 36 | 1:54:52 | 45 | 1:54:52 |
| Neuhaus (Rennst | 19.90 | 1:50:13 | 5:32 | 72 | 33:15 | 98 | 33:15 | 119.00 | 10:14:34 | 5:09 | 36 | 2:23:35 | 45 | 2:23:35 |
| Wanderhütte an | 13.50 | 1:17:37 | 5:44 | 78 | 26:16 | 97 | 26:16 | 132.50 | 11:32:11 | 5:13 | 40 | 2:48:49 | 49 | 2:48:49 |
| Brennersgrün | 15.90 | 1:32:34 | 5:49 | 87 | 35:26 | 128 | 35:26 | 148.40 | 13:04:45 | 5:17 | 42 | 3:23:03 | 52 | 3:23:03 |
| Blankenstein | 20.30 | 1:26:38 | 4:16 | 16 | 12:35 | 23 | 1:26:38 | 168.97 | 14:31:23 | 5:09 | 37 | 3:32:49 | 46 | 3:32:49 |