



# 23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

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DKB-Rennsteigexpress

□□□: 14:41:56

□□: 123

□□: 11.50 km/h

□□□□: 5:13 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 50 (of 191)

□□□□□□: 10:58:34

□□□□:

□□□□□: 40(of 122)

Männerstaffel

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Hohe Sonne	14.00	1:13:05	5:13	45	16:51	59	16:51	14.00	1:13:05	5:13	45	16:51	59	16:51
Grenzwiese/Kleir	19.60	1:42:56	5:15	54	26:58	72	26:58	33.60	2:56:01	5:14	45	43:24	62	43:24
Neue Ausspanne	14.00	1:00:34	4:19	12	7:25	13	7:25	47.60	3:56:35	4:58	25	48:27	34	48:27
Grenzdler (Ober	13.70	1:22:22	6:00	85	30:30	125	30:30	61.30	5:18:57	5:12	35	1:14:47	45	1:14:47
Allzunah	19.90	1:37:28	4:53	53	29:24	72	29:24	81.20	6:56:25	5:07	42	1:41:18	52	1:41:18
Masserberg (Ren	17.90	1:35:16	5:19	55	26:56	77	26:56	99.10	8:31:41	5:09	39	2:02:12	49	2:02:12
Neuhaus (Rennst	19.90	1:49:52	5:31	71	32:54	97	32:54	119.00	10:21:33	5:13	42	2:30:34	51	2:30:34
Wanderhütte an	13.50	1:19:47	5:54	92	28:26	120	28:26	132.50	11:41:20	5:17	44	2:57:58	54	2:57:58
Brennersgrün	15.90	1:26:04	5:24	60	28:56	89	28:56	148.40	13:07:24	5:18	43	3:25:42	53	3:25:42
Blankenstein	20.30	1:34:32	4:39	35	20:29	48	1:34:32	168.97	14:41:56	5:13	40	3:43:22	50	3:43:22