



23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

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Landeskommando Thüringen

□□□: 14:45:39

□□: 146

□□: 11.45 km/h

□□□□: 5:14 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 52 (of 191)

□□□□□□: 10:58:34

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□□□□□: 41(of 122)

Männerstaffel

□□□□□□□: 10:58:34

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:11:28	5:06	34	15:14	44	15:14	14.00	1:11:28	5:06	34	15:14	44	15:14
Grenzwiese/Kleir	19.60	1:44:12	5:18	60	28:14	83	28:14	33.60	2:55:40	5:13	44	43:03	60	43:03
Neue Ausspanne	14.00	1:05:46	4:41	26	12:37	31	12:37	47.60	4:01:26	5:04	34	53:18	44	53:18
Grenzdler (Ober	13.70	1:28:03	6:25	105	36:11	157	36:11	61.30	5:29:29	5:22	44	1:25:19	59	1:25:19
Allzunah	19.90	1:35:22	4:47	46	27:18	63	27:18	81.20	7:04:51	5:13	49	1:49:44	62	1:49:44
Masserberg (Ren	17.90	1:37:39	5:27	67	29:19	91	29:19	99.10	8:42:30	5:16	47	2:13:01	60	2:13:01
Neuhaus (Rennst	19.90	1:37:34	4:54	31	20:36	40	20:36	119.00	10:20:04	5:12	40	2:29:05	49	2:29:05
Wanderhütte an	13.50	1:07:06	4:58	33	15:45	39	15:45	132.50	11:27:10	5:11	36	2:43:48	45	2:43:48
Brennersgrün	15.90	1:29:30	5:37	77	32:22	111	32:22	148.40	12:56:40	5:14	39	3:14:58	47	3:14:58
Blankenstein	20.30	1:48:59	5:22	81	34:56	115	1:48:59	168.97	14:45:39	5:14	41	3:47:05	52	3:47:05