



# 23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

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Kenias letzte Reserve

□□□: 14:50:30

□□: 145

□□: 11.32 km/h

□□□□: 5:16 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 54 (of 191)

□□□□□□: 10:58:34

□□□□:

□□□□□: 43(of 122)

Männerstaffel

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| □□□              | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ | □□□    | □□□      | □□□  | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ |
|------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Hohe Sonne       | 14.00    | 1:29:05  | 6:21         | 112     | 32:51   | 162       | 32:51     | 14.00  | 1:29:05  | 6:21 | 112     | 32:51   | 162       | 32:51     |
| Grenzwiese/Kleir | 19.60    | 1:45:21  | 5:22         | 61      | 29:23   | 84        | 29:23     | 33.60  | 3:14:26  | 5:47 | 87      | 1:01:49 | 122       | 1:01:49   |
| Neue Ausspanne   | 14.00    | 1:23:24  | 5:57         | 88      | 30:15   | 129       | 30:15     | 47.60  | 4:37:50  | 5:50 | 91      | 1:29:42 | 122       | 1:29:42   |
| Grenzdler (Ober  | 13.70    | 1:08:42  | 5:00         | 37      | 16:50   | 41        | 16:50     | 61.30  | 5:46:32  | 5:39 | 77      | 1:42:22 | 99        | 1:42:22   |
| Allzunah         | 19.90    | 1:30:31  | 4:32         | 31      | 22:27   | 44        | 22:27     | 81.20  | 7:17:03  | 5:22 | 60      | 2:01:56 | 78        | 2:01:56   |
| Masserberg (Ren  | 17.90    | 1:33:57  | 5:14         | 51      | 25:37   | 72        | 25:37     | 99.10  | 8:51:00  | 5:21 | 54      | 2:21:31 | 70        | 2:21:31   |
| Neuhaus (Rennst  | 19.90    | 1:50:58  | 5:34         | 75      | 34:00   | 103       | 34:00     | 119.00 | 10:41:58 | 5:23 | 51      | 2:50:59 | 69        | 2:50:59   |
| Wanderhütte an   | 13.50    | 1:10:22  | 5:12         | 42      | 19:01   | 55        | 19:01     | 132.50 | 11:52:20 | 5:22 | 49      | 3:08:58 | 61        | 3:08:58   |
| Brennersgrün     | 15.90    | 1:25:09  | 5:21         | 55      | 28:01   | 80        | 28:01     | 148.40 | 13:17:29 | 5:22 | 48      | 3:35:47 | 60        | 3:35:47   |
| Blankenstein     | 20.30    | 1:33:01  | 4:34         | 31      | 18:58   | 43        | 1:33:01   | 168.97 | 14:50:30 | 5:16 | 43      | 3:51:56 | 54        | 3:51:56   |