



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

□□□□□□□: 10:58:34

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
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