



# 23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

□□□□

LTV Erfurt Montagsgruppe

□□□: 16:03:55

□□: 4

□□: 10.46 km/h  
□□□□: 5:42 min/km

□□: 168.97 km  
Hörschel-Blankenstein

□□□□□: 118 (of 191)

□□□□□□: 10:58:34

□□□□:  
Frauenstaffel

□□□□□: 6(of 15)

□□□□□□□: 12:59:51

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:30:17	6:26	10	23:29	168	34:03	14.00	1:30:17	6:26	10	23:29	192	34:03
Grenzwiese/Kleir	19.60	1:52:41	5:44	5	21:50	119	36:43	33.60	3:22:58	6:02	7	38:01	191	1:10:21
Neue Ausspanne	14.00	1:22:05	5:51	9	17:22	123	28:56	47.60	4:45:03	5:59	7	55:23	191	1:36:55
Grenzdler (Ober	13.70	1:15:41	5:31	6	11:34	83	23:49	61.30	6:00:44	5:53	7	1:06:57	191	1:56:34
Allzunah	19.90	1:58:36	5:57	10	36:39	165	50:32	81.20	7:59:20	5:54	7	1:43:36	191	2:44:13
Masserberg (Ren	17.90	1:37:50	5:27	7	14:33	94	29:30	99.10	9:37:10	5:49	7	1:50:25	191	3:07:41
Neuhaus (Rennst	19.90	1:51:49	5:37	7	16:57	109	34:51	119.00	11:28:59	5:47	6	2:07:22	137	3:38:00
Wanderhütte an	13.50	1:25:46	6:21	13	25:20	153	34:25	132.50	12:54:45	5:50	6	2:31:57	191	4:11:23
Brennersgrün	15.90	1:20:28	5:03	4	11:22	51	23:20	148.40	14:15:13	5:45	6	2:40:49	191	4:33:31
Blankenstein	20.30	1:48:42	5:21	9	1:48:42	114	1:48:42	168.97	16:03:55	5:42	6	3:04:04	118	5:05:21