



23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

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Lauftraining.com

□□□: 14:57:59

□□: 154

□□: 11.23 km/h

□□□□: 5:18 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 59 (of 191)

□□□□□□: 10:58:34

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□□□□□: 45(of 122)

Männerstaffel

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Hohe Sonne	14.00	1:34:17	6:44	118	38:03	181	38:03	14.00	1:34:17	6:44	118	38:03	181	38:03
Grenzwiese/Kleir	19.60	1:27:31	4:27	7	11:33	12	11:33	33.60	3:01:48	5:24	53	49:11	72	49:11
Neue Ausspanne	14.00	1:23:52	5:59	90	30:43	132	30:43	47.60	4:25:40	5:34	72	1:17:32	91	1:17:32
Grenzdler (Ober	13.70	1:15:46	5:31	62	23:54	85	23:54	61.30	5:41:26	5:34	67	1:37:16	85	1:37:16
Allzunah	19.90	1:30:01	4:31	30	21:57	43	21:57	81.20	7:11:27	5:18	51	1:56:20	65	1:56:20
Masserberg (Ren	17.90	1:32:49	5:11	47	24:29	67	24:29	99.10	8:44:16	5:17	49	2:14:47	62	2:14:47
Neuhaus (Rennst	19.90	2:07:23	6:24	108	50:25	162	50:25	119.00	10:51:39	5:28	63	3:00:40	82	3:00:40
Wanderhütte an	13.50	1:10:43	5:14	45	19:22	58	19:22	132.50	12:02:22	5:27	55	3:19:00	72	3:19:00
Brennersgrün	15.90	1:25:22	5:22	57	28:14	82	28:14	148.40	13:27:44	5:26	61	3:46:02	76	3:46:02
Blankenstein	20.30	1:30:15	4:26	26	16:12	35	1:30:15	168.97	14:57:59	5:18	45	3:59:25	59	3:59:25