



23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

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Mittwochslaufrunde

□□□: 14:58:03

□□: 161

□□: 11.22 km/h

□□□□: 5:18 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 60 (of 191)

□□□□□□: 10:58:34

□□□□:

□□□□□: 46(of 122)

Männerstaffel

□□□□□□□: 10:58:34

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:26:35	6:11	110	30:21	157	30:21	14.00	1:26:35	6:11	110	30:21	157	30:21
Grenzwiese/Kleir	19.60	1:51:47	5:42	79	35:49	112	35:49	33.60	3:18:22	5:54	96	1:05:45	136	1:05:45
Neue Ausspanne	14.00	1:04:23	4:35	21	11:14	23	11:14	47.60	4:22:45	5:31	69	1:14:37	88	1:14:37
Grenzdler (Ober	13.70	1:07:21	4:54	29	15:29	32	15:29	61.30	5:30:06	5:23	45	1:25:56	60	1:25:56
Allzunah	19.90	1:45:08	5:16	85	37:04	118	37:04	81.20	7:15:14	5:21	56	2:00:07	72	2:00:07
Masserberg (Ren	17.90	1:38:40	5:30	72	30:20	100	30:20	99.10	8:53:54	5:23	59	2:24:25	76	2:24:25
Neuhaus (Rennst	19.90	1:51:48	5:37	78	34:50	108	34:50	119.00	10:45:42	5:25	56	2:54:43	74	2:54:43
Wanderhütte an	13.50	1:17:47	5:45	79	26:26	99	26:26	132.50	12:03:29	5:27	57	3:20:07	74	3:20:07
Brennersgrün	15.90	1:12:45	4:34	13	15:37	17	15:37	148.40	13:16:14	5:21	47	3:34:32	58	3:34:32
Blankenstein	20.30	1:41:49	5:00	65	27:46	83	1:41:49	168.97	14:58:03	5:18	46	3:59:29	60	3:59:29