



23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

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Die Raben von Erebor

□□□: 14:58:25

□□: 121

□□: 11.22 km/h

□□□□: 5:19 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 61 (of 191)

□□□□□□: 10:58:34

□□□□:

□□□□□: 47(of 122)

Männerstaffel

□□□□□□□: 10:58:34

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Hohe Sonne	14.00	1:10:36	5:02	29	14:22	39	14:22	14.00	1:10:36	5:02	29	14:22	39	14:22
Grenzwiese/Kleir	19.60	1:37:05	4:57	34	21:07	48	21:07	33.60	2:47:41	4:59	30	35:04	42	35:04
Neue Ausspanne	14.00	1:10:52	5:03	52	17:43	65	17:43	47.60	3:58:33	5:00	29	50:25	39	50:25
Grenzdler (Ober	13.70	1:10:34	5:09	41	18:42	50	18:42	61.30	5:09:07	5:02	28	1:04:57	38	1:04:57
Allzunah	19.90	1:28:51	4:27	28	20:47	37	20:47	81.20	6:37:58	4:54	22	1:22:51	29	1:22:51
Masserberg (Ren	17.90	1:56:26	6:30	109	48:06	170	48:06	99.10	8:34:24	5:11	42	2:04:55	52	2:04:55
Neuhaus (Rennst	19.90	1:41:04	5:04	38	24:06	50	24:06	119.00	10:15:28	5:10	37	2:24:29	46	2:24:29
Wanderhütte an	13.50	1:17:31	5:44	76	26:10	95	26:10	132.50	11:32:59	5:13	41	2:49:37	50	2:49:37
Brennersgrün	15.90	1:38:54	6:13	98	41:46	152	41:46	148.40	13:11:53	5:20	46	3:30:11	56	3:30:11
Blankenstein	20.30	1:46:32	5:14	79	32:29	109	1:46:32	168.97	14:58:25	5:19	47	3:59:51	61	3:59:51