



# 23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

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Mühlhäuser Laufcombo

□□□: 14:59:10

□□: 163

□□: 11.21 km/h

□□□□: 5:19 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 62 (of 191)

□□□□□□: 10:58:34

□□□□:

□□□□□: 48(of 122)

Männerstaffel

□□□□□□□: 10:58:34

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:16:14	5:26	59	20:00	75	20:00	14.00	1:16:14	5:26	59	20:00	75	20:00
Grenzwiese/Kleir	19.60	1:38:44	5:02	38	22:46	52	22:46	33.60	2:54:58	5:12	42	42:21	56	42:21
Neue Ausspanne	14.00	1:11:02	5:04	53	17:53	67	17:53	47.60	4:06:00	5:10	38	57:52	51	57:52
Grenzdler (Ober	13.70	1:06:10	4:49	24	14:18	26	14:18	61.30	5:12:10	5:05	31	1:08:00	41	1:08:00
Allzunah	19.90	1:43:13	5:11	75	35:09	105	35:09	81.20	6:55:23	5:06	40	1:40:16	50	1:40:16
Masserberg (Ren	17.90	1:21:15	4:32	11	12:55	15	12:55	99.10	8:16:38	5:00	28	1:47:09	36	1:47:09
Neuhaus (Rennst	19.90	1:46:06	5:19	53	29:08	73	29:08	119.00	10:02:44	5:03	33	2:11:45	42	2:11:45
Wanderhütte an	13.50	1:19:37	5:53	91	28:16	119	28:16	132.50	11:22:21	5:08	34	2:38:59	43	2:38:59
Brennersgrün	15.90	1:14:37	4:41	18	17:29	23	17:29	148.40	12:36:58	5:06	31	2:55:16	39	2:55:16
Blankenstein	20.30	2:22:12	7:00	120	1:08:09	188	2:22:12	168.97	14:59:10	5:19	48	4:00:36	62	4:00:36