



23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

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Team-Heipa-Eichsfeld

□□: Lauffreunde Eichsfeld

□□: 194

□□: 168.97 km

Hörschel-Blankenstein

□□□□:

Männerstaffel

□□□: 14:59:28

□□: 11.21 km/h

□□□□: 5:19 min/km

□□□□□: 64 (of 191)

□□□□□□: 10:58:34

□□□□□: 50(of 122)

□□□□□□□: 10:58:34

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:15:36	5:23	58	19:22	74	19:22	14.00	1:15:36	5:23	58	19:22	74	19:22
Grenzwiese/Kleir	19.60	1:43:46	5:17	59	27:48	78	27:48	33.60	2:59:22	5:20	50	46:45	69	46:45
Neue Ausspanne	14.00	1:09:57	4:59	44	16:48	54	16:48	47.60	4:09:19	5:14	41	1:01:11	54	1:01:11
Grenzdler (Ober	13.70	1:20:47	5:53	77	28:55	110	28:55	61.30	5:30:06	5:23	45	1:25:56	60	1:25:56
Allzunah	19.90	1:58:28	5:57	107	50:24	164	50:24	81.20	7:28:34	5:31	69	2:13:27	90	2:13:27
Masserberg (Ren	17.90	1:33:33	5:13	49	25:13	69	25:13	99.10	9:02:07	5:28	64	2:32:38	84	2:32:38
Neuhaus (Rennst	19.90	1:41:10	5:05	39	24:12	51	24:12	119.00	10:43:17	5:24	54	2:52:18	72	2:52:18
Wanderhütte an	13.50	1:19:22	5:52	89	28:01	115	28:01	132.50	12:02:39	5:27	56	3:19:17	73	3:19:17
Brennersgrün	15.90	1:24:36	5:19	54	27:28	77	27:28	148.40	13:27:15	5:26	60	3:45:33	75	3:45:33
Blankenstein	20.30	1:32:13	4:32	28	18:10	40	1:32:13	168.97	14:59:28	5:19	50	4:00:54	64	4:00:54