



# 23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

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## Wartburg-Sparkasse

□□: Wartburg-Sparkasse  
 □□: 204

□□: 168.97 km  
 Hörschel-Blankenstein

□□□□:  
 Männerstaffel

□□□: 15:00:20

□□: 11.20 km/h  
 □□□□: 5:19 min/km

□□□□□: 65 (of 191)

□□□□□□: 10:58:34

□□□□□: 51(of 122)

□□□□□□□: 10:58:34

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| □□□              | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ | □□□    | □□□      | □□□  | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ |
|------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Hohe Sonne       | 14.00    | 1:06:09  | 4:43         | 15      | 9:55    | 20        | 9:55      | 14.00  | 1:06:09  | 4:43 | 15      | 9:55    | 20        | 9:55      |
| Grenzwiese/Kleir | 19.60    | 1:41:53  | 5:11         | 49      | 25:55   | 67        | 25:55     | 33.60  | 2:48:02  | 5:00 | 32      | 35:25   | 44        | 35:25     |
| Neue Ausspanne   | 14.00    | 1:13:38  | 5:15         | 60      | 20:29   | 76        | 20:29     | 47.60  | 4:01:40  | 5:04 | 35      | 53:32   | 45        | 53:32     |
| Grenzdler (Ober  | 13.70    | 1:11:30  | 5:13         | 43      | 19:38   | 52        | 19:38     | 61.30  | 5:13:10  | 5:06 | 32      | 1:09:00 | 42        | 1:09:00   |
| Allzunah         | 19.90    | 1:39:15  | 4:59         | 58      | 31:11   | 79        | 31:11     | 81.20  | 6:52:25  | 5:04 | 35      | 1:37:18 | 45        | 1:37:18   |
| Masserberg (Ren  | 17.90    | 1:21:27  | 4:33         | 12      | 13:07   | 16        | 13:07     | 99.10  | 8:13:52  | 4:59 | 25      | 1:44:23 | 33        | 1:44:23   |
| Neuhaus (Rennst  | 19.90    | 1:45:38  | 5:18         | 52      | 28:40   | 72        | 28:40     | 119.00 | 9:59:30  | 5:02 | 31      | 2:08:31 | 39        | 2:08:31   |
| Wanderhütte an   | 13.50    | 1:11:20  | 5:17         | 47      | 19:59   | 61        | 19:59     | 132.50 | 11:10:50 | 5:03 | 31      | 2:27:28 | 39        | 2:27:28   |
| Brennersgrün     | 15.90    | 1:26:17  | 5:25         | 61      | 29:09   | 91        | 29:09     | 148.40 | 12:37:07 | 5:06 | 32      | 2:55:25 | 40        | 2:55:25   |
| Blankenstein     | 20.30    | 2:23:13  | 7:03         | 121     | 1:09:10 | 189       | 2:23:13   | 168.97 | 15:00:20 | 5:19 | 51      | 4:01:46 | 65        | 4:01:46   |