



23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

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In letzter Sekunde

□□□: 15:07:49

□□: 144

□□: 11.10 km/h
□□□□: 5:22 min/km

□□: 168.97 km
Hörschel-Blankenstein

□□□□□: 71 (of 191)

□□□□□□: 10:58:34

□□□□:
Männerstaffel

□□□□□: 56(of 122)

□□□□□□□: 10:58:34

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:11:26	5:06	33	15:12	43	15:12	14.00	1:11:26	5:06	33	15:12	43	15:12
Grenzwiese/Kleir	19.60	2:15:15	6:54	118	59:17	183	59:17	33.60	3:26:41	6:09	110	1:14:04	159	1:14:04
Neue Ausspanne	14.00	1:15:55	5:25	67	22:46	89	22:46	47.60	4:42:36	5:56	100	1:34:28	139	1:34:28
Grenzdler (Ober	13.70	1:11:10	5:11	42	19:18	51	19:18	61.30	5:53:46	5:46	86	1:49:36	116	1:49:36
Allzunah	19.90	2:04:59	6:16	110	56:55	172	56:55	81.20	7:58:45	5:53	106	2:43:38	148	2:43:38
Masserberg (Ren	17.90	1:29:00	4:58	31	20:40	42	20:40	99.10	9:27:45	5:43	91	2:58:16	122	2:58:16
Neuhaus (Rennst	19.90	1:47:34	5:24	61	30:36	83	30:36	119.00	11:15:19	5:40	87	3:24:20	113	3:24:20
Wanderhütte an	13.50	1:11:31	5:17	48	20:10	62	20:10	132.50	12:26:50	5:38	80	3:43:28	106	3:43:28
Brennersgrün	15.90	57:08	3:35	1	-	1	-	148.40	13:23:58	5:25	55	3:42:16	69	3:42:16
Blankenstein	20.30	1:43:51	5:06	71	29:48	96	1:43:51	168.97	15:07:49	5:22	56	4:09:15	71	4:09:15