



# 23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

□□□□

Lauffeuer Fröttstädt

□□□: 15:08:08

□□: 148

□□: 11.10 km/h

□□□□: 5:22 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 72 (of 191)

□□□□□□: 10:58:34

□□□□:

□□□□□: 57(of 122)

Männerstaffel

□□□□□□□: 10:58:34

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:12:45	5:11	41	16:31	54	16:31	14.00	1:12:45	5:11	41	16:31	54	16:31
Grenzwiese/Kleir	19.60	1:31:10	4:39	14	15:12	24	15:12	33.60	2:43:55	4:52	18	31:18	26	31:18
Neue Ausspanne	14.00	1:26:10	6:09	100	33:01	150	33:01	47.60	4:10:05	5:15	44	1:01:57	57	1:01:57
Grenzdler (Ober	13.70	1:23:30	6:05	87	31:38	129	31:38	61.30	5:33:35	5:26	56	1:29:25	72	1:29:25
Allzunah	19.90	1:21:17	4:05	11	13:13	13	13:13	81.20	6:54:52	5:06	38	1:39:45	48	1:39:45
Masserberg (Ren	17.90	1:46:56	5:58	95	38:36	144	38:36	99.10	8:41:48	5:15	46	2:12:19	58	2:12:19
Neuhaus (Rennst	19.90	1:49:17	5:29	68	32:19	94	32:19	119.00	10:31:05	5:18	47	2:40:06	59	2:40:06
Wanderhütte an	13.50	1:10:01	5:11	41	18:40	52	18:40	132.50	11:41:06	5:17	43	2:57:44	53	2:57:44
Brennersgrün	15.90	1:40:54	6:20	103	43:46	161	43:46	148.40	13:22:00	5:24	53	3:40:18	66	3:40:18
Blankenstein	20.30	1:46:08	5:13	77	32:05	105	1:46:08	168.97	15:08:08	5:22	57	4:09:34	72	4:09:34