



23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

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Moorgrund Running Crew

□□: Moorgrund Running Crew

□□: 160

□□: 168.97 km

Hörschel-Blankenstein

□□□□:

Männerstaffel

□□□: 15:13:09

□□: 11.04 km/h

□□□□: 5:24 min/km

□□□□□: 77 (of 191)

□□□□□□: 10:58:34

□□□□□: 60(of 122)

□□□□□□□: 10:58:34

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	□□
Hohe Sonne	14.00	1:16:40	5:28	65	20:26	81	20:26	14.00	1:16:40	5:28	65	20:26	81	20:26
Grenzwiese/Kleir	19.60	1:46:47	5:26	66	30:49	89	30:49	33.60	3:03:27	5:27	59	50:50	79	50:50
Neue Ausspanne	14.00	1:15:37	5:24	66	22:28	88	22:28	47.60	4:19:04	5:26	59	1:10:56	77	1:10:56
Grenzdler (Ober	13.70	1:14:11	5:24	50	22:19	66	22:19	61.30	5:33:15	5:26	52	1:29:05	68	1:29:05
Allzunah	19.90	1:41:29	5:05	71	33:25	97	33:25	81.20	7:14:44	5:21	54	1:59:37	70	1:59:37
Masserberg (Ren	17.90	1:29:11	4:58	33	20:51	46	20:51	99.10	8:43:55	5:17	48	2:14:26	61	2:14:26
Neuhaus (Rennst	19.90	1:47:51	5:25	64	30:53	88	30:53	119.00	10:31:46	5:18	49	2:40:47	61	2:40:47
Wanderhütte an	13.50	1:24:37	6:16	102	33:16	144	33:16	132.50	11:56:23	5:24	50	3:13:01	64	3:13:01
Brennersgrün	15.90	1:30:43	5:42	82	33:35	118	33:35	148.40	13:27:06	5:26	59	3:45:24	74	3:45:24
Blankenstein	20.30	1:46:03	5:13	76	32:00	104	1:46:03	168.97	15:13:09	5:24	60	4:14:35	77	4:14:35