



23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

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Herzog Georg Nachtlauf Team

□□□: 15:16:15

□□: 140

□□: 11.00 km/h

□□□□: 5:25 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 79 (of 191)

□□□□□□: 10:58:34

□□□□:

□□□□□: 61(of 122)

Männerstaffel

□□□□□□□: 10:58:34

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:20:16	5:44	88	24:02	120	24:02	14.00	1:20:16	5:44	88	24:02	120	24:02
Grenzwiese/Kleir	19.60	2:21:10	7:12	120	1:05:12	186	1:05:12	33.60	3:41:26	6:35	121	1:28:49	181	1:28:49
Neue Ausspanne	14.00	1:10:08	5:00	46	16:59	57	16:59	47.60	4:51:34	6:07	111	1:43:26	163	1:43:26
Grenzdler (Ober	13.70	1:06:36	4:51	27	14:44	29	14:44	61.30	5:58:10	5:50	90	1:54:00	122	1:54:00
Allzunah	19.90	1:52:19	5:38	98	44:15	145	44:15	81.20	7:50:29	5:47	97	2:35:22	132	2:35:22
Masserberg (Ren	17.90	1:18:34	4:23	7	10:14	9	10:14	99.10	9:09:03	5:32	73	2:39:34	95	2:39:34
Neuhaus (Rennst	19.90	1:37:13	4:53	30	20:15	39	20:15	119.00	10:46:16	5:25	58	2:55:17	76	2:55:17
Wanderhütte an	13.50	1:25:27	6:19	105	34:06	149	34:06	132.50	12:11:43	5:31	71	3:28:21	90	3:28:21
Brennersgrün	15.90	1:29:53	5:39	80	32:45	115	32:45	148.40	13:41:36	5:32	71	3:59:54	89	3:59:54
Blankenstein	20.30	1:34:39	4:39	36	20:36	49	1:34:39	168.97	15:16:15	5:25	61	4:17:41	79	4:17:41