



23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

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Laufwerk Sömmerda

□□□: 15:17:54

□□: 155

□□: 10.98 km/h

□□□□: 5:25 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 81 (of 191)

□□□□□□: 10:58:34

□□□□:

□□□□□: 63(of 122)

Männerstaffel

□□□□□□□: 10:58:34

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Hohe Sonne | 14.00 | 1:16:36 | 5:28 | 63 | 20:22 | 79 | 20:22 | 14.00 | 1:16:36 | 5:28 | 63 | 20:22 | 79 | 20:22 |
| Grenzwiese/Kleir | 19.60 | 1:56:58 | 5:58 | 95 | 41:00 | 139 | 41:00 | 33.60 | 3:13:34 | 5:45 | 84 | 1:00:57 | 116 | 1:00:57 |
| Neue Ausspanne | 14.00 | 1:12:51 | 5:12 | 56 | 19:42 | 71 | 19:42 | 47.60 | 4:26:25 | 5:35 | 75 | 1:18:17 | 96 | 1:18:17 |
| Grenzdler (Ober | 13.70 | 1:17:31 | 5:39 | 68 | 25:39 | 94 | 25:39 | 61.30 | 5:43:56 | 5:36 | 73 | 1:39:46 | 94 | 1:39:46 |
| Allzunah | 19.90 | 1:52:14 | 5:38 | 97 | 44:10 | 144 | 44:10 | 81.20 | 7:36:10 | 5:37 | 78 | 2:21:03 | 105 | 2:21:03 |
| Masserberg (Ren | 17.90 | 1:31:33 | 5:06 | 45 | 23:13 | 63 | 23:13 | 99.10 | 9:07:43 | 5:31 | 70 | 2:38:14 | 92 | 2:38:14 |
| Neuhaus (Rennst | 19.90 | 1:40:48 | 5:03 | 37 | 23:50 | 49 | 23:50 | 119.00 | 10:48:31 | 5:26 | 60 | 2:57:32 | 79 | 2:57:32 |
| Wanderhütte an | 13.50 | 1:21:59 | 6:04 | 97 | 30:38 | 132 | 30:38 | 132.50 | 12:10:30 | 5:30 | 69 | 3:27:08 | 87 | 3:27:08 |
| Brennersgrün | 15.90 | 1:27:27 | 5:30 | 68 | 30:19 | 99 | 30:19 | 148.40 | 13:37:57 | 5:30 | 69 | 3:56:15 | 87 | 3:56:15 |
| Blankenstein | 20.30 | 1:39:57 | 4:55 | 54 | 25:54 | 71 | 1:39:57 | 168.97 | 15:17:54 | 5:25 | 63 | 4:19:20 | 81 | 4:19:20 |