



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