



23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

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Einfach laufen lassen?

□□□: 15:25:14

□□: 126

□□: 10.89 km/h

□□□□: 5:28 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 90 (of 191)

□□□□□□: 10:58:34

□□□□:

□□□□□: 70(of 122)

Männerstaffel

□□□□□□□: 10:58:34

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:18:07	5:34	72	21:53	96	21:53	14.00	1:18:07	5:34	72	21:53	96	21:53
Grenzwiese/Kleir	19.60	1:47:24	5:28	70	31:26	95	31:26	33.60	3:05:31	5:31	67	52:54	88	52:54
Neue Ausspanne	14.00	1:10:47	5:03	50	17:38	63	17:38	47.60	4:16:18	5:23	52	1:08:10	67	1:08:10
Grenzdler (Ober	13.70	1:14:06	5:24	49	22:14	65	22:14	61.30	5:30:24	5:23	47	1:26:14	62	1:26:14
Allzunah	19.90	1:45:04	5:16	84	37:00	117	37:00	81.20	7:15:28	5:21	58	2:00:21	74	2:00:21
Masserberg (Ren	17.90	1:45:16	5:52	91	36:56	135	36:56	99.10	9:00:44	5:27	63	2:31:15	81	2:31:15
Neuhaus (Rennst	19.90	2:11:43	6:37	115	54:45	173	54:45	119.00	11:12:27	5:39	85	3:21:28	110	3:21:28
Wanderhütte an	13.50	1:14:24	5:30	59	23:03	73	23:03	132.50	12:26:51	5:38	81	3:43:29	107	3:43:29
Brennersgrün	15.90	1:15:59	4:46	24	18:51	29	18:51	148.40	13:42:50	5:32	74	4:01:08	93	4:01:08
Blankenstein	20.30	1:42:24	5:02	68	28:21	89	1:42:24	168.97	15:25:14	5:28	70	4:26:40	90	4:26:40