



23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

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Runster

□□: Runster
 □□: 173

□□: 168.97 km
 Hörschel-Blankenstein

□□□□:
 Männerstaffel

□□□: 15:25:35

□□: 10.89 km/h
 □□□□: 5:28 min/km

□□□□□: 91 (of 191)

□□□□□□: 10:58:34

□□□□□: 71(of 122)

□□□□□□□: 10:58:34

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	
Hohe Sonne	14.00	1:05:45	4:41	14	9:31	18	9:31	14.00	1:05:45	4:41	14	9:31	18	9:31
Grenzwiese/Kleir	19.60	1:34:40	4:49	26	18:42	38	18:42	33.60	2:40:25	4:46	11	27:48	17	27:48
Neue Ausspanne	14.00	1:30:10	6:26	110	37:01	167	37:01	47.60	4:10:35	5:15	45	1:02:27	58	1:02:27
Grenzdler (Ober	13.70	1:14:24	5:25	53	22:32	69	22:32	61.30	5:24:59	5:18	42	1:20:49	54	1:20:49
Allzunah	19.90	1:56:48	5:52	105	48:44	160	48:44	81.20	7:21:47	5:26	65	2:06:40	84	2:06:40
Masserberg (Ren	17.90	1:35:42	5:20	56	27:22	78	27:22	99.10	8:57:29	5:25	62	2:28:00	80	2:28:00
Neuhaus (Rennst	19.90	1:49:31	5:30	70	32:33	96	32:33	119.00	10:47:00	5:26	59	2:56:01	77	2:56:01
Wanderhütte an	13.50	1:30:06	6:40	111	38:45	167	38:45	132.50	12:17:06	5:33	73	3:33:44	96	3:33:44
Brennersgrün	15.90	1:27:44	5:31	70	30:36	101	30:36	148.40	13:44:50	5:33	75	4:03:08	97	4:03:08
Blankenstein	20.30	1:40:45	4:57	59	26:42	76	1:40:45	168.97	15:25:35	5:28	71	4:27:01	91	4:27:01