



23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

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ilmrunners

□□□: 15:36:08

□□: 143

□□: 10.83 km/h

□□□□: 5:32 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 95 (of 191)

□□□□□□: 10:58:34

□□□□:

□□□□□: 75(of 122)

Männerstaffel

□□□□□□□: 10:58:34

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:18:46	5:37	77	22:32	104	22:32	14.00	1:18:46	5:37	77	22:32	104	22:32
Grenzwiese/Kleir	19.60	1:43:29	5:16	56	27:31	75	27:31	33.60	3:02:15	5:25	56	49:38	75	49:38
Neue Ausspanne	14.00	1:32:47	6:37	117	39:38	179	39:38	47.60	4:35:02	5:46	85	1:26:54	116	1:26:54
Grenzdler (Ober	13.70	1:06:32	4:51	26	14:40	28	14:40	61.30	5:41:34	5:34	68	1:37:24	86	1:37:24
Allzunah	19.90	1:54:41	5:45	100	46:37	153	46:37	81.20	7:36:15	5:37	79	2:21:08	106	2:21:08
Masserberg (Ren	17.90	1:36:12	5:22	61	27:52	83	27:52	99.10	9:12:27	5:34	79	2:42:58	103	2:42:58
Neuhaus (Rennst	19.90	1:42:31	5:09	43	25:33	56	25:33	119.00	10:54:58	5:30	66	3:03:59	87	3:03:59
Wanderhütte an	13.50	1:14:29	5:31	60	23:08	74	23:08	132.50	12:09:27	5:30	67	3:26:05	85	3:26:05
Brennersgrün	15.90	1:28:21	5:33	71	31:13	103	31:13	148.40	13:37:48	5:30	68	3:56:06	85	3:56:06
Blankenstein	20.30	1:58:20	5:49	93	44:17	143	1:58:20	168.97	15:36:08	5:32	75	4:37:34	95	4:37:34