



# 23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

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Team Helios

□□□: 15:39:45

□□: 188

□□: 10.73 km/h

□□□□: 5:33 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 97 (of 191)

□□□□□□: 10:58:34

□□□□:

□□□□□: 76(of 122)

Männerstaffel

□□□□□□□: 10:58:34

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:21:13	5:48	92	24:59	128	24:59	14.00	1:21:13	5:48	92	24:59	128	24:59
Grenzwiese/Kleir	19.60	1:53:23	5:47	86	37:25	124	37:25	33.60	3:14:36	5:47	88	1:01:59	124	1:01:59
Neue Ausspanne	14.00	1:09:08	4:56	39	15:59	47	15:59	47.60	4:23:44	5:32	70	1:15:36	89	1:15:36
Grenzdler (Ober	13.70	1:27:09	6:21	99	35:17	148	35:17	61.30	5:50:53	5:43	84	1:46:43	111	1:46:43
Allzunah	19.90	1:44:23	5:14	78	36:19	108	36:19	81.20	7:35:16	5:36	76	2:20:09	103	2:20:09
Masserberg (Ren	17.90	1:33:43	5:14	50	25:23	70	25:23	99.10	9:08:59	5:32	72	2:39:30	94	2:39:30
Neuhaus (Rennst	19.90	2:01:03	6:04	96	44:05	144	44:05	119.00	11:10:02	5:37	83	3:19:03	108	3:19:03
Wanderhütte an	13.50	1:00:54	4:30	10	9:33	13	9:33	132.50	12:10:56	5:30	70	3:27:34	88	3:27:34
Brennersgrün	15.90	1:11:01	4:27	11	13:53	14	13:53	148.40	13:21:57	5:24	52	3:40:15	65	3:40:15
Blankenstein	20.30	2:17:48	6:47	118	1:03:45	186	2:17:48	168.97	15:39:45	5:33	76	4:41:11	97	4:41:11