



23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

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Frankenhäuser Lauffreunde

□□□: 15:40:08

□□: Kyffhäuser-Berglauf-Verein e.V.

□□: 10.72 km/h

□□: 133

□□□□: 5:33 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 99 (of 191)

□□□□□□: 10:58:34

□□□□:

□□□□□: 77(of 122)

Männerstaffel

□□□□□□□: 10:58:34

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:17:26	5:31	70	21:12	91	21:12	14.00	1:17:26	5:31	70	21:12	91	21:12
Grenzwiese/Kleir	19.60	1:51:58	5:42	80	36:00	113	36:00	33.60	3:09:24	5:38	80	56:47	109	56:47
Neue Ausspanne	14.00	1:09:20	4:57	40	16:11	48	16:11	47.60	4:18:44	5:26	57	1:10:36	75	1:10:36
Grenzdler (Ober	13.70	1:13:32	5:22	47	21:40	62	21:40	61.30	5:32:16	5:25	50	1:28:06	66	1:28:06
Allzunah	19.90	1:55:22	5:47	101	47:18	154	47:18	81.20	7:27:38	5:30	67	2:12:31	88	2:12:31
Masserberg (Ren	17.90	1:43:59	5:48	88	35:39	125	35:39	99.10	9:11:37	5:33	77	2:42:08	101	2:42:08
Neuhaus (Rennst	19.90	1:32:53	4:40	23	15:55	28	15:55	119.00	10:44:30	5:24	55	2:53:31	73	2:53:31
Wanderhütte an	13.50	1:32:50	6:52	115	41:29	172	41:29	132.50	12:17:20	5:33	74	3:33:58	97	3:33:58
Brennersgrün	15.90	1:20:00	5:01	36	22:52	49	22:52	148.40	13:37:20	5:30	66	3:55:38	83	3:55:38
Blankenstein	20.30	2:02:48	6:02	103	48:45	160	2:02:48	168.97	15:40:08	5:33	77	4:41:34	99	4:41:34