



23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

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Alpenverein Jena

□□□: 15:45:29

□□: 104

□□: 10.66 km/h

□□□□: 5:35 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 103 (of 191)

□□□□□□: 10:58:34

□□□□:

□□□□□: 80(of 122)

Männerstaffel

□□□□□□□: 10:58:34

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:21:55	5:51	97	25:41	133	25:41	14.00	1:21:55	5:51	97	25:41	133	25:41
Grenzwiese/Kleir	19.60	1:43:25	5:16	55	27:27	73	27:27	33.60	3:05:20	5:30	66	52:43	87	52:43
Neue Ausspanne	14.00	1:31:23	6:31	113	38:14	172	38:14	47.60	4:36:43	5:48	87	1:28:35	118	1:28:35
Grenzdler (Ober	13.70	1:22:31	6:01	86	30:39	126	30:39	61.30	5:59:14	5:51	92	1:55:04	124	1:55:04
Allzunah	19.90	1:33:41	4:42	40	25:37	57	25:37	81.20	7:32:55	5:34	73	2:17:48	96	2:17:48
Masserberg (Ren	17.90	1:37:48	5:27	68	29:28	93	29:28	99.10	9:10:43	5:33	76	2:41:14	99	2:41:14
Neuhaus (Rennst	19.90	1:46:12	5:20	54	29:14	75	29:14	119.00	10:56:55	5:31	69	3:05:56	90	3:05:56
Wanderhütte an	13.50	1:27:28	6:28	109	36:07	159	36:07	132.50	12:24:23	5:37	77	3:41:01	102	3:41:01
Brennersgrün	15.90	1:28:56	5:35	74	31:48	106	31:48	148.40	13:53:19	5:36	80	4:11:37	105	4:11:37
Blankenstein	20.30	1:52:10	5:31	86	38:07	126	1:52:10	168.97	15:45:29	5:35	80	4:46:55	103	4:46:55