



# 23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

□□□□

OSTERLAUF-TEAM Heyda

□□□: 15:49:23

□□: 170

□□: 10.62 km/h

□□□□: 5:37 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 105 (of 191)

□□□□□□: 10:58:34

□□□□:

□□□□□: 81(of 122)

Männerstaffel

□□□□□□□: 10:58:34

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:20:08	5:43	87	23:54	118	23:54	14.00	1:20:08	5:43	87	23:54	118	23:54
Grenzwiese/Kleir	19.60	1:40:49	5:08	46	24:51	62	24:51	33.60	3:00:57	5:23	52	48:20	71	48:20
Neue Ausspanne	14.00	1:25:08	6:04	94	31:59	139	31:59	47.60	4:26:05	5:35	73	1:17:57	94	1:17:57
Grenzdler (Ober	13.70	1:16:12	5:33	63	24:20	86	24:20	61.30	5:42:17	5:35	71	1:38:07	89	1:38:07
Allzunah	19.90	1:47:47	5:24	90	39:43	127	39:43	81.20	7:30:04	5:32	70	2:14:57	92	2:14:57
Masserberg (Ren	17.90	1:40:26	5:36	79	32:06	109	32:06	99.10	9:10:30	5:33	75	2:41:01	98	2:41:01
Neuhaus (Rennst	19.90	1:53:26	5:42	82	36:28	115	36:28	119.00	11:03:56	5:34	77	3:12:57	101	3:12:57
Wanderhütte an	13.50	1:18:27	5:48	82	27:06	104	27:06	132.50	12:22:23	5:36	76	3:39:01	101	3:39:01
Brennersgrün	15.90	1:48:25	6:49	114	51:17	178	51:17	148.40	14:10:48	5:43	87	4:29:06	115	4:29:06
Blankenstein	20.30	1:38:35	4:51	46	24:32	63	1:38:35	168.97	15:49:23	5:37	81	4:50:49	105	4:50:49