



# 23. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 17.06.2023

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Abgehts09

□□□: 15:55:36

□□: 102

□□: 10.61 km/h

□□□□: 5:39 min/km

□□: 168.97 km

Hörschel-Blankenstein

□□□□□: 109 (of 191)

□□□□□□: 10:58:34

□□□□:

□□□□□: 83(of 122)

Männerstaffel

□□□□□□□: 10:58:34

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:14:27	5:19	53	18:13	68	18:13	14.00	1:14:27	5:19	53	18:13	68	18:13
Grenzwiese/Kleir	19.60	1:50:27	5:38	75	34:29	107	34:29	33.60	3:04:54	5:30	64	52:17	85	52:17
Neue Ausspanne	14.00	1:13:52	5:16	62	20:43	80	20:43	47.60	4:18:46	5:26	58	1:10:38	76	1:10:38
Grenzdler (Ober	13.70	1:29:49	6:33	112	37:57	166	37:57	61.30	5:48:35	5:41	80	1:44:25	104	1:44:25
Allzunah	19.90	1:48:47	5:27	92	40:43	133	40:43	81.20	7:37:22	5:37	83	2:22:15	111	2:22:15
Masserberg (Ren	17.90	1:35:58	5:21	59	27:38	81	27:38	99.10	9:13:20	5:35	80	2:43:51	104	2:43:51
Neuhaus (Rennst	19.90	2:02:30	6:09	99	45:32	147	45:32	119.00	11:15:50	5:40	88	3:24:51	114	3:24:51
Wanderhütte an	13.50	1:21:41	6:03	96	30:20	126	30:20	132.50	12:37:31	5:43	90	3:54:09	117	3:54:09
Brennersgrün	15.90	1:31:38	5:45	85	34:30	122	34:30	148.40	14:09:09	5:43	86	4:27:27	113	4:27:27
Blankenstein	20.30	1:46:27	5:14	78	32:24	107	1:46:27	168.97	15:55:36	5:39	83	4:57:02	109	4:57:02