



# 24. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2024

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LTV Erfurt Montagsgruppe

□□□: 15:16:24

□□: 10

□□: 11.07 km/h

□□□□: 5:25 min/km

□□: 169.10 km

Hörschel-Blankenstein

□□□□□: 81 (of 184)

□□□□□□: 10:44:49

□□□□:

□□□□□: 3(of 14)

Frauenstaffel

□□□□□□□: 13:16:19

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:22:12	5:52	3	15:54	110	27:30	14.00	1:22:12	5:52	3	15:54	185	27:30
Grenzwiese/Kleir	19.60	1:45:58	5:24	2	7:46	100	29:12	33.60	3:08:10	5:36	3	10:34	184	56:42
Neue Ausspanne	14.00	1:13:15	5:13	3	4:46	61	23:35	47.60	4:21:25	5:29	3	15:20	184	1:18:41
Grenzdler (Ober	13.60	1:22:09	6:02	7	20:15	118	32:27	61.20	5:43:34	5:36	3	35:35	184	1:47:17
Allzunah	20.00	1:33:37	4:40	2	13:51	50	21:39	81.20	7:17:11	5:23	3	49:26	184	2:05:41
Masserberg (Ren	17.80	1:36:11	5:24	3	12:26	86	26:02	99.00	8:53:22	5:23	3	1:01:52	184	2:31:43
Neuhaus (Rennst	20.10	1:47:37	5:21	4	18:07	108	32:45	119.10	10:40:59	5:22	3	1:19:59	184	3:04:28
Wanderhütte an	13.70	1:19:39	5:48	9	15:20	109	28:16	132.80	12:00:38	5:25	3	1:35:19	184	3:30:19
Brennersgrün	16.00	1:30:12	5:38	7	14:18	103	31:10	148.80	13:30:50	5:26	3	1:42:37	184	4:00:02
Blankenstein	20.30	1:45:34	5:12	5	17:28	88	54:18	169.10	15:16:24	5:25	3	2:00:05	81	4:31:35