



24. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2024

□□□□

Runner#s HAI

□□□: 15:32:25

□□: 212

□□: 10.87 km/h

□□□□: 5:30 min/km

□□: 169.10 km

Hörschel-Blankenstein

□□□□□: 92 (of 184)

□□□□□□: 10:44:49

□□□□:

□□□□□: 69(of 117)

Männerstaffel

□□□□□□□: 10:44:49

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:27:41	6:15	98	32:59	134	32:59	14.00	1:27:41	6:15	98	32:59	134	32:59
Grenzwiese/Kleir	19.60	1:49:27	5:35	82	32:41	112	32:41	33.60	3:17:08	5:52	93	1:05:40	122	1:05:40
Neue Ausspanne	14.00	1:14:15	5:18	52	22:59	68	24:35	47.60	4:31:23	5:42	82	1:28:39	106	1:28:39
Grenzdler (Ober	13.60	1:20:40	5:55	78	30:58	106	30:58	61.20	5:52:03	5:45	85	1:55:46	106	1:55:46
Allzunah	20.00	1:40:39	5:01	57	28:34	83	28:41	81.20	7:32:42	5:34	77	2:21:12	100	2:21:12
Masserberg (Ren	17.80	1:34:50	5:19	60	24:41	83	24:41	99.00	9:07:32	5:31	69	2:45:53	89	2:45:53
Neuhaus (Rennst	20.10	1:51:46	5:33	89	36:54	126	36:54	119.10	10:59:18	5:32	76	3:22:47	101	3:22:47
Wanderhütte an	13.70	1:10:24	5:08	38	19:01	49	19:01	132.80	12:09:42	5:29	68	3:39:23	88	3:39:23
Brennersgrün	16.00	1:32:20	5:46	75	33:18	112	33:18	148.80	13:42:02	5:31	70	4:11:14	92	4:11:14
Blankenstein	20.30	1:50:23	5:26	80	36:22	120	59:07	169.10	15:32:25	5:30	69	4:47:36	92	4:47:36