



# 24. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2024

□□□□

Sömmerdaer Kranniche

□□□: 14:37:21

□□: 502

□□: 11.56 km/h

□□□□: 5:11 min/km

□□: 169.10 km

Hörschel-Blankenstein

□□□□□: 49 (of 184)

□□□□□□: 10:44:49

□□□□:

□□□□□: 11(of 53)

Mixstaffel

□□□□□□□: 11:42:16

□□□□

□□□□

□□□

| □□□              | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ | □□□    | □□□      | □□□  | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ |
|------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Hohe Sonne       | 14.00    | 1:15:31  | 5:23         | 11      | 17:43   | 66        | 20:49     | 14.00  | 1:15:31  | 5:23 | 11      | 17:43   | 185       | 20:49     |
| Grenzwiese/Kleir | 19.60    | 1:18:02  | 3:58         | 1       | -       | 3         | 1:16      | 33.60  | 2:33:33  | 4:34 | 7       | 12:20   | 184       | 22:05     |
| Neue Ausspanne   | 14.00    | 1:14:23  | 5:18         | 14      | 24:43   | 69        | 24:43     | 47.60  | 3:47:56  | 4:47 | 5       | 30:10   | 184       | 45:12     |
| Grenzdler (Ober  | 13.60    | 1:15:31  | 5:33         | 14      | 19:03   | 77        | 25:49     | 61.20  | 5:03:27  | 4:57 | 6       | 49:13   | 184       | 1:07:10   |
| Allzunah         | 20.00    | 1:49:06  | 5:27         | 37      | 37:08   | 129       | 37:08     | 81.20  | 6:52:33  | 5:04 | 9       | 1:19:41 | 184       | 1:41:03   |
| Masserberg (Ren  | 17.80    | 1:36:15  | 5:24         | 23      | 20:28   | 87        | 26:06     | 99.00  | 8:28:48  | 5:08 | 9       | 1:30:10 | 184       | 2:07:09   |
| Neuhaus (Rennst  | 20.10    | 1:38:32  | 4:54         | 15      | 22:40   | 59        | 23:40     | 119.10 | 10:07:20 | 5:05 | 10      | 1:52:50 | 184       | 2:30:49   |
| Wanderhütte an   | 13.70    | 1:33:19  | 6:48         | 46      | 33:20   | 171       | 41:56     | 132.80 | 11:40:39 | 5:16 | 11      | 2:26:10 | 184       | 3:10:20   |
| Brennersgrün     | 16.00    | 1:15:20  | 4:42         | 7       | 9:29    | 27        | 16:18     | 148.80 | 12:55:59 | 5:12 | 11      | 2:35:04 | 184       | 3:25:11   |
| Blankenstein     | 20.30    | 1:41:22  | 4:59         | 21      | 50:06   | 69        | 50:06     | 169.10 | 14:37:21 | 5:11 | 11      | 2:55:05 | 49        | 3:52:32   |