



# 24. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2024

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Potsdamer Laufclub TG Mittelstrecke □□□: 15:04:01

□□: 509

□□: 169.10 km

Hörschel-Blankenstein

□□□□:

Mixstaffel

□□: 11.22 km/h

□□□□: 5:20 min/km

□□□□□: 66 (of 184)

□□□□□□: 10:44:49

□□□□□: 15(of 53)

□□□□□□□: 11:42:16

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Hohe Sonne	14.00	1:20:29	5:44	19	22:41	92	25:47	14.00	1:20:29	5:44	19	22:41	185	25:47
Grenzwiese/Kleir	19.60	1:51:20	5:40	34	33:18	126	34:34	33.60	3:11:49	5:42	24	50:36	184	1:00:21
Neue Ausspanne	14.00	1:22:20	5:52	28	32:40	121	32:40	47.60	4:34:09	5:45	23	1:16:23	184	1:31:25
Grenzdler (Ober	13.60	1:24:12	6:11	34	27:44	136	34:30	61.20	5:58:21	5:51	24	1:44:07	184	2:02:04
Allzunah	20.00	1:41:47	5:05	27	29:49	96	29:49	81.20	7:40:08	5:39	25	2:07:16	184	2:28:38
Masserberg (Ren	17.80	1:32:59	5:13	19	17:12	70	22:50	99.00	9:13:07	5:35	21	2:14:29	184	2:51:28
Neuhaus (Rennst	20.10	1:28:31	4:24	8	12:39	24	13:39	119.10	10:41:38	5:23	14	2:27:08	184	3:05:07
Wanderhütte an	13.70	1:14:20	5:25	14	14:21	70	22:57	132.80	11:55:58	5:23	14	2:41:29	184	3:25:39
Brennersgrün	16.00	1:42:31	6:24	42	36:40	155	43:29	148.80	13:38:29	5:30	19	3:17:34	184	4:07:41
Blankenstein	20.30	1:25:32	4:12	8	34:16	18	34:16	169.10	15:04:01	5:20	15	3:21:45	66	4:19:12