



# 24. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2024

□□□□

Die Zeitlosen Road Runners - ABG

□□□: 17:47:59

□□: 513

□□: 9.49 km/h

□□□□: 6:18 min/km

□□: 169.10 km

Hörschel-Blankenstein

□□□□□: 175 (of 184)

□□□□□□: 10:44:49

□□□□:

□□□□□: 51(of 53)

Mixstaffel

□□□□□□□: 11:42:16

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:29:31	6:23	35	31:43	142	34:49	14.00	1:29:31	6:23	35	31:43	185	34:49
Grenzwiese/Kleir	19.60	1:53:38	5:47	37	35:36	138	36:52	33.60	3:23:09	6:02	38	1:01:56	184	1:11:41
Neue Ausspanne	14.00	1:45:43	7:33	51	56:03	180	56:03	47.60	5:08:52	6:29	47	1:51:06	184	2:06:08
Grenzdler (Ober	13.60	1:43:07	7:34	53	46:39	180	53:25	61.20	6:51:59	6:43	50	2:37:45	184	2:55:42
Allzunah	20.00	1:30:24	4:31	8	18:26	37	18:26	81.20	8:22:23	6:11	46	2:49:31	184	3:10:53
Masserberg (Ren	17.80	1:48:16	6:04	39	32:29	138	38:07	99.00	10:10:39	6:10	47	3:12:01	184	3:49:00
Neuhaus (Rennst	20.10	2:06:30	6:17	47	50:38	170	51:38	119.10	12:17:09	6:11	45	4:02:39	184	4:40:38
Wanderhütte an	13.70	1:42:19	7:28	52	42:20	180	50:56	132.80	13:59:28	6:19	49	4:44:59	184	5:29:09
Brennersgrün	16.00	1:46:18	6:38	46	40:27	166	47:16	148.80	15:45:46	6:21	48	5:24:51	184	6:14:58
Blankenstein	20.30	2:02:13	6:01	44	1:10:57	156	1:10:57	169.10	17:47:59	6:18	51	6:05:43	175	7:03:10