



# 24. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2024

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Team Zielsicher - die Seitenstecher □□□: 18:14:59

□□: 556

□□: 169.10 km

Hörschel-Blankenstein

□□□□:

Mixstaffel

□□: 9.26 km/h

□□□□: 6:28 min/km

□□□□□: 181 (of 184)

□□□□□□: 10:44:49

□□□□□: 53(of 53)

□□□□□□□: 11:42:16

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| □□□              | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ | □□□    | □□□      | □□□  | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ |
|------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Hohe Sonne       | 14.00    | 1:36:41  | 6:54         | 47      | 38:53   | 169       | 41:59     | 14.00  | 1:36:41  | 6:54 | 47      | 38:53   | 185       | 41:59     |
| Grenzwiese/Kleir | 19.60    | 2:02:37  | 6:15         | 47      | 44:35   | 160       | 45:51     | 33.60  | 3:39:18  | 6:31 | 49      | 1:18:05 | 184       | 1:27:50   |
| Neue Ausspanne   | 14.00    | 1:50:18  | 7:52         | 53      | 1:00:38 | 182       | 1:00:38   | 47.60  | 5:29:36  | 6:55 | 51      | 2:11:50 | 184       | 2:26:52   |
| Grenzdler (Ober  | 13.60    | 1:36:10  | 7:04         | 50      | 39:42   | 171       | 46:28     | 61.20  | 7:05:46  | 6:57 | 52      | 2:51:32 | 184       | 3:09:29   |
| Allzunah         | 20.00    | 1:55:56  | 5:47         | 48      | 43:58   | 158       | 43:58     | 81.20  | 9:01:42  | 6:40 | 52      | 3:28:50 | 184       | 3:50:12   |
| Masserberg (Ren  | 17.80    | 2:13:42  | 7:30         | 52      | 57:55   | 178       | 1:03:33   | 99.00  | 11:15:24 | 6:49 | 53      | 4:16:46 | 184       | 4:53:45   |
| Neuhaus (Rennst  | 20.10    | 1:55:34  | 5:44         | 38      | 39:42   | 142       | 40:42     | 119.10 | 13:10:58 | 6:38 | 53      | 4:56:28 | 184       | 5:34:27   |
| Wanderhütte an   | 13.70    | 1:28:14  | 6:26         | 44      | 28:15   | 160       | 36:51     | 132.80 | 14:39:12 | 6:37 | 53      | 5:24:43 | 184       | 6:08:53   |
| Brennersgrün     | 16.00    | 1:39:21  | 6:12         | 38      | 33:30   | 146       | 40:19     | 148.80 | 16:18:33 | 6:34 | 53      | 5:57:38 | 184       | 6:47:45   |
| Blankenstein     | 20.30    | 1:56:26  | 5:44         | 40      | 1:05:10 | 140       | 1:05:10   | 169.10 | 18:14:59 | 6:28 | 53      | 6:32:43 | 181       | 7:30:10   |