



# 24. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2024

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QU(L) Runners

□□□: 16:37:53

□□: 558

□□: 10.16 km/h  
□□□□: 5:54 min/km

□□: 169.10 km  
Hörschel-Blankenstein

□□□□□: 148 (of 184)

□□□□□□: 10:44:49

□□□□:

□□□□□: 38(of 53)

Mixstaffel

□□□□□□□: 11:42:16

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:45:29	7:32	52	47:41	181	50:47	14.00	1:45:29	7:32	52	47:41	185	50:47
Grenzwiese/Kleir	19.60	1:42:12	5:12	22	24:10	80	25:26	33.60	3:27:41	6:10	43	1:06:28	184	1:16:13
Neue Ausspanne	14.00	1:31:52	6:33	44	42:12	165	42:12	47.60	4:59:33	6:17	44	1:41:47	184	1:56:49
Grenzdler (Ober	13.60	1:20:16	5:54	21	23:48	101	30:34	61.20	6:19:49	6:12	40	2:05:35	184	2:23:32
Allzunah	20.00	1:52:11	5:36	45	40:13	140	40:13	81.20	8:12:00	6:03	43	2:39:08	184	3:00:30
Masserberg (Ren	17.80	1:36:45	5:26	25	20:58	91	26:36	99.00	9:48:45	5:56	36	2:50:07	184	3:27:06
Neuhaus (Rennst	20.10	1:47:31	5:20	25	31:39	107	32:39	119.10	11:36:16	5:50	35	3:21:46	184	3:59:45
Wanderhütte an	13.70	1:20:05	5:50	25	20:06	112	28:42	132.80	12:56:21	5:50	35	3:41:52	184	4:26:02
Brennersgrün	16.00	1:51:22	6:57	49	45:31	176	52:20	148.80	14:47:43	5:57	38	4:26:48	184	5:16:55
Blankenstein	20.30	1:50:10	5:25	33	58:54	119	58:54	169.10	16:37:53	5:54	38	4:55:37	148	5:53:04