



24. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2024

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Lauffreunde Werratal II

□□: Treffurt

□□: 2

□□: 169.10 km

Hörschel-Blankenstein

□□□□:

Mixstaffel

□□□: 16:00:04

□□: 10.56 km/h

□□□□: 5:40 min/km

□□□□□: 121 (of 184)

□□□□□□: 10:44:49

□□□□□: 27(of 53)

□□□□□□□: 11:42:16

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	□□
Hohe Sonne	14.00	1:27:21	6:14	29	29:33	132	32:39	14.00	1:27:21	6:14	29	29:33	185	32:39
Grenzwiese/Kleir	19.60	1:57:42	6:00	42	39:40	151	40:56	33.60	3:25:03	6:06	39	1:03:50	184	1:13:35
Neue Ausspanne	14.00	1:12:21	5:10	9	22:41	55	22:41	47.60	4:37:24	5:49	28	1:19:38	184	1:34:40
Grenzdler (Ober	13.60	1:22:22	6:03	26	25:54	121	32:40	61.20	5:59:46	5:52	26	1:45:32	184	2:03:29
Allzunah	20.00	1:51:25	5:34	44	39:27	138	39:27	81.20	7:51:11	5:48	30	2:18:19	184	2:39:41
Masserberg (Ren	17.80	1:40:33	5:38	30	24:46	109	30:24	99.00	9:31:44	5:46	30	2:33:06	184	3:10:05
Neuhaus (Rennst	20.10	1:50:11	5:28	30	34:19	120	35:19	119.10	11:21:55	5:43	32	3:07:25	184	3:45:24
Wanderhütte an	13.70	1:16:49	5:36	21	16:50	97	25:26	132.80	12:38:44	5:42	29	3:24:15	184	4:08:25
Brennersgrün	16.00	1:39:55	6:14	40	34:04	151	40:53	148.80	14:18:39	5:46	33	3:57:44	184	4:47:51
Blankenstein	20.30	1:41:25	4:59	22	50:09	70	50:09	169.10	16:00:04	5:40	27	4:17:48	121	5:15:15