



24. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2024

□□□□

Lauffreunde Werratal I

□□: Treffurt

□□: 110

□□: 169.10 km

Hörschel-Blankenstein

□□□□:

Mixstaffel

□□□: 16:00:04

□□: 10.57 km/h

□□□□: 5:40 min/km

□□□□□: 121 (of 184)

□□□□□□: 10:44:49

□□□□□: 27(of 53)

□□□□□□□: 11:42:16

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:38:40	7:02	49	40:52	172	43:58	14.00	1:38:40	7:02	49	40:52	185	43:58
Grenzwiese/Kleir	19.60	1:39:50	5:05	19	21:48	70	23:04	33.60	3:18:30	5:54	32	57:17	184	1:07:02
Neue Ausspanne	14.00	1:13:40	5:15	12	24:00	64	24:00	47.60	4:32:10	5:43	22	1:14:24	184	1:29:26
Grenzadler (Ober	13.60	1:23:14	6:07	30	26:46	129	33:32	61.20	5:55:24	5:48	22	1:41:10	184	1:59:07
Allzunah	20.00	1:41:21	5:04	26	29:23	90	29:23	81.20	7:36:45	5:37	22	2:03:53	183	2:25:15
Masserberg (Ren	17.80	1:32:18	5:11	16	16:31	62	22:09	99.00	9:09:03	5:32	18	2:10:25	183	2:47:24
Neuhaus (Rennst	20.10	1:43:15	5:08	20	27:23	82	28:23	119.10	10:52:18	5:28	19	2:37:48	183	3:15:47
Wanderhütte an	13.70	1:33:35	6:49	46	33:36	171	42:12	132.80	12:25:53	5:36	24	3:11:24	183	3:55:34
Brennersgrün	16.00	1:21:01	5:03	17	15:10	59	21:59	148.80	13:46:54	5:33	24	3:25:59	183	4:16:06
Blankenstein	20.30	2:13:10	6:33	50	1:21:54	174	1:21:54	169.10	16:00:04	5:40	27	4:17:48	121	5:15:15