



# 24. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2024

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Sömmerdaer Gipfelstürmerladies

□□□: 17:02:43

□□: 3

□□: 9.91 km/h

□□□□: 6:02 min/km

□□: 169.10 km

Hörschel-Blankenstein

□□□□□: 158 (of 184)

□□□□□□: 10:44:49

□□□□:

□□□□□: 9(of 14)

Frauenstaffel

□□□□□□□: 13:16:19

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:38:14	7:00	12	31:56	171	43:32	14.00	1:38:14	7:00	12	31:56	185	43:32
Grenzwiese/Kleir	19.60	1:53:47	5:48	5	15:35	139	37:01	33.60	3:32:01	6:18	8	34:25	184	1:20:33
Neue Ausspanne	14.00	1:17:07	5:30	7	8:38	86	27:27	47.60	4:49:08	6:04	7	43:03	184	1:46:24
Grenzdler (Ober	13.60	1:14:14	5:27	3	12:20	65	24:32	61.20	6:03:22	5:56	6	55:23	184	2:07:05
Allzunah	20.00	2:10:32	6:31	11	50:46	174	58:34	81.20	8:13:54	6:04	8	1:46:09	184	3:02:24
Masserberg (Ren	17.80	1:44:59	5:53	7	21:14	124	34:50	99.00	9:58:53	6:02	8	2:07:23	184	3:37:14
Neuhaus (Rennst	20.10	1:49:32	5:26	5	20:02	117	34:40	119.10	11:48:25	5:56	7	2:27:25	184	4:11:54
Wanderhütte an	13.70	1:48:46	7:56	14	44:27	183	57:23	132.80	13:37:11	6:09	10	3:11:52	184	5:06:52
Brennersgrün	16.00	1:19:29	4:58	2	3:35	49	20:27	148.80	14:56:40	6:01	9	3:08:27	184	5:25:52
Blankenstein	20.30	2:06:03	6:12	13	37:57	166	1:14:47	169.10	17:02:43	6:02	9	3:46:24	158	6:17:54