



24. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2024

□□□□

Einfach laufen lassen

□□□: 15:08:08

□□: 161

□□: 11.17 km/h

□□□□: 5:22 min/km

□□: 169.10 km

Hörschel-Blankenstein

□□□□□: 70 (of 184)

□□□□□□: 10:44:49

□□□□:

□□□□□: 16(of 53)

Mixstaffel

□□□□□□□: 11:42:16

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:27:00	6:12	28	29:12	131	32:18	14.00	1:27:00	6:12	28	29:12	185	32:18
Grenzwiese/Kleir	19.60	1:30:23	4:36	9	12:21	22	13:37	33.60	2:57:23	5:16	13	36:10	184	45:55
Neue Ausspanne	14.00	1:15:29	5:23	15	25:49	74	25:49	47.60	4:12:52	5:18	12	55:06	184	1:10:08
Grenzdler (Ober	13.60	1:14:15	5:27	11	17:47	66	24:33	61.20	5:27:07	5:20	11	1:12:53	184	1:30:50
Allzunah	20.00	1:49:30	5:28	41	37:32	134	37:32	81.20	7:16:37	5:22	13	1:43:45	184	2:05:07
Masserberg (Ren	17.80	1:38:54	5:33	28	23:07	104	28:45	99.00	8:55:31	5:24	15	1:56:53	184	2:33:52
Neuhaus (Rennst	20.10	1:49:31	5:26	29	33:39	116	34:39	119.10	10:45:02	5:24	15	2:30:32	184	3:08:31
Wanderhütte an	13.70	1:18:20	5:43	22	18:21	102	26:57	132.80	12:03:22	5:26	16	2:48:53	184	3:33:03
Brennersgrün	16.00	1:28:17	5:31	25	22:26	96	29:15	148.80	13:31:39	5:27	16	3:10:44	184	4:00:51
Blankenstein	20.30	1:36:29	4:45	18	45:13	50	45:13	169.10	15:08:08	5:22	16	3:25:52	70	4:23:19