



# 24. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2024

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Heyeröder Hainichläufer

□□□: 14:09:43

□□: 170

□□: 11.93 km/h

□□□□: 5:01 min/km

□□: 169.10 km

Hörschel-Blankenstein

□□□□□: 38 (of 184)

□□□□□□: 10:44:49

□□□□:

□□□□□: 30(of 117)

Männerstaffel

□□□□□□□: 10:44:49

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:16:29	5:27	58	21:47	71	21:47	14.00	1:16:29	5:27	58	21:47	71	21:47
Grenzwiese/Kleir	19.60	1:32:00	4:41	18	15:14	27	15:14	33.60	2:48:29	5:00	28	37:01	37	37:01
Neue Ausspanne	14.00	1:03:32	4:32	16	12:16	19	13:52	47.60	3:52:01	4:52	18	49:17	24	49:17
Grenzdler (Ober	13.60	1:09:29	5:06	31	19:47	39	19:47	61.20	5:01:30	4:55	18	1:05:13	23	1:05:13
Allzunah	20.00	1:45:36	5:16	82	33:31	119	33:38	81.20	6:47:06	5:00	28	1:35:36	36	1:35:36
Masserberg (Ren	17.80	1:34:30	5:18	58	24:21	80	24:21	99.00	8:21:36	5:04	29	1:59:57	37	1:59:57
Neuhaus (Rennst	20.10	1:27:47	4:22	15	12:55	21	12:55	119.10	9:49:23	4:56	21	2:12:52	28	2:12:52
Wanderhütte an	13.70	1:17:10	5:37	71	25:47	98	25:47	132.80	11:06:33	5:01	28	2:36:14	34	2:36:14
Brennersgrün	16.00	1:25:52	5:21	56	26:50	83	26:50	148.80	12:32:25	5:03	29	3:01:37	36	3:01:37
Blankenstein	20.30	1:37:18	4:47	33	23:17	52	46:02	169.10	14:09:43	5:01	30	3:24:54	38	3:24:54