



24. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2024

□□□□

Die Eisernen und Freunde

□□□: 16:15:23

□□: 172

□□: 10.40 km/h

□□□□: 5:46 min/km

□□: 169.10 km

Hörschel-Blankenstein

□□□□□: 136 (of 184)

□□□□□□: 10:44:49

□□□□:

□□□□□: 35(of 53)

Mixstaffel

□□□□□□□: 11:42:16

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:30:57	6:29	38	33:09	147	36:15	14.00	1:30:57	6:29	38	33:09	185	36:15
Grenzwiese/Kleir	19.60	1:50:51	5:39	31	32:49	122	34:05	33.60	3:21:48	6:00	35	1:00:35	184	1:10:20
Neue Ausspanne	14.00	1:14:07	5:17	13	24:27	66	24:27	47.60	4:35:55	5:47	25	1:18:09	184	1:33:11
Grenzdler (Ober	13.60	1:27:26	6:25	40	30:58	151	37:44	61.20	6:03:21	5:56	28	1:49:07	184	2:07:04
Allzunah	20.00	1:33:56	4:41	12	21:58	52	21:58	81.20	7:37:17	5:37	23	2:04:25	184	2:25:47
Masserberg (Ren	17.80	1:45:07	5:54	34	29:20	125	34:58	99.00	9:22:24	5:40	28	2:23:46	184	3:00:45
Neuhaus (Rennst	20.10	1:54:44	5:42	36	38:52	136	39:52	119.10	11:17:08	5:41	30	3:02:38	184	3:40:37
Wanderhütte an	13.70	1:39:53	7:17	49	39:54	177	48:30	132.80	12:57:01	5:51	36	3:42:32	184	4:26:42
Brennersgrün	16.00	1:46:04	6:37	45	40:13	165	47:02	148.80	14:43:05	5:56	36	4:22:10	184	5:12:17
Blankenstein	20.30	1:32:18	4:32	16	41:02	42	41:02	169.10	16:15:23	5:46	35	4:33:07	136	5:30:34