



# 24. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2024

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Lauf-KulTour e.V.

□□□: 14:01:44

□□: 179

□□: 12.05 km/h

□□□□: 4:58 min/km

□□: 169.10 km

Hörschel-Blankenstein

□□□□□: 33 (of 184)

□□□□□□: 10:44:49

□□□□:

□□□□□: 26(of 117)

Männerstaffel

□□□□□□□: 10:44:49

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Hohe Sonne	14.00	1:42:53	7:20	114	48:11	175	48:11	14.00	1:42:53	7:20	114	48:11	175	48:11
Grenzwiese/Kleir	19.60	1:31:57	4:41	17	15:11	26	15:11	33.60	3:14:50	5:47	88	1:03:22	116	1:03:22
Neue Ausspanne	14.00	1:20:36	5:45	81	29:20	113	30:56	47.60	4:35:26	5:47	89	1:32:42	117	1:32:42
Grenzdler (Ober	13.60	1:02:55	4:37	10	13:13	14	13:13	61.20	5:38:21	5:31	58	1:42:04	74	1:42:04
Allzunah	20.00	1:30:27	4:31	29	18:22	38	18:29	81.20	7:08:48	5:16	44	1:57:18	56	1:57:18
Masserberg (Ren	17.80	1:17:03	4:19	8	6:54	9	6:54	99.00	8:25:51	5:06	33	2:04:12	42	2:04:12
Neuhaus (Rennst	20.10	1:26:28	4:18	13	11:36	19	11:36	119.10	9:52:19	4:58	27	2:15:48	34	2:15:48
Wanderhütte an	13.70	1:07:05	4:53	26	15:42	35	15:42	132.80	10:59:24	4:57	25	2:29:05	31	2:29:05
Brennersgrün	16.00	1:23:40	5:13	49	24:38	71	24:38	148.80	12:23:04	4:59	25	2:52:16	31	2:52:16
Blankenstein	20.30	1:38:40	4:51	38	24:39	58	47:24	169.10	14:01:44	4:58	26	3:16:55	33	3:16:55