



# 24. Rennsteig-Staffellauf

Hörschel bis Blankenstein / 22.06.2024

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Lauftraining.com

00: 182

00: 169.10 km

Hörschel-Blankenstein

0000:

Männerstaffel

000: 14:28:45

00: 11.67 km/h

0000: 5:08 min/km

00000: 45 (of 184)

000000: 10:44:49

00000: 34(of 117)

0000000: 10:44:49

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	000	000	km	00	min/km	-	-	000	000
Hohe Sonne	14.00	1:03:04	4:30	10	8:22	14	8:22	14.00	1:03:04	4:30	10	8:22	14	8:22
Grenzwiese/Kleir	19.60	1:42:52	5:14	60	26:06	84	26:06	33.60	2:45:56	4:56	20	34:28	29	34:28
Neue Ausspanne	14.00	1:24:36	6:02	92	33:20	131	34:56	47.60	4:10:32	5:15	43	1:07:48	55	1:07:48
Grenzdler (Ober	13.60	1:16:05	5:35	62	26:23	79	26:23	61.20	5:26:37	5:20	43	1:30:20	55	1:30:20
Allzunah	20.00	1:34:00	4:42	39	21:55	53	22:02	81.20	7:00:37	5:10	37	1:49:07	48	1:49:07
Masserberg (Ren	17.80	1:25:50	4:49	22	15:41	31	15:41	99.00	8:26:27	5:06	34	2:04:48	43	2:04:48
Neuhaus (Rennst	20.10	1:59:04	5:55	104	44:12	149	44:12	119.10	10:25:31	5:15	43	2:49:00	56	2:49:00
Wanderhütte an	13.70	1:09:45	5:05	35	18:22	45	18:22	132.80	11:35:16	5:14	39	3:04:57	51	3:04:57
Brennersgrün	16.00	1:17:11	4:49	29	18:09	40	18:09	148.80	12:52:27	5:11	33	3:21:39	45	3:21:39
Blankenstein	20.30	1:36:18	4:44	31	22:17	49	45:02	169.10	14:28:45	5:08	34	3:43:56	45	3:43:56