



13. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 18.06.2011

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Mühlhäuser Laufcombo

□□□: 14:24:13

□□: 141

□□: 11.87 km/h

□□□□: 5:03 min/km

□□: 171.30 km

Blankenstein-Hirschel

□□□□□: 83 (of 223)

□□□□□□: 9:57:53

□□□□:

□□□□□: 68(of 142)

Männerstaffel

□□□□□□□: 9:57:53

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:25:05	4:56	91	25:52	117	25:52	17.20	1:25:05	4:56	69	25:52	100	25:52
Schildwiese	20.10	1:32:04	4:34	64	25:16	87	25:16	37.30	2:57:09	4:44	69	51:08	100	51:08
Neuhaus/ Gewerl	15.50	1:26:45	5:35	83	30:26	104	30:26	52.80	4:23:54	4:59	69	1:21:34	100	1:21:34
Masserberg	19.80	1:29:00	4:29	77	25:48	103	25:48	72.60	5:52:54	4:51	69	1:45:56	100	1:45:56
Allzunah	16.80	1:38:57	5:53	106	35:25	139	35:25	89.40	7:31:51	5:03	69	2:19:27	100	2:19:27
Grenzadler	19.80	1:41:33	5:07	88	29:43	128	30:31	109.20	9:13:24	5:04	69	2:49:10	100	2:49:10
Neue Ausspanne	13.80	1:00:20	4:22	22	13:04	23	13:04	123.00	10:13:44	4:59	68	3:02:14	99	3:02:14
Kleiner Inselsber	13.90	1:03:20	4:33	17	14:24	20	14:24	136.90	11:17:04	4:56	68	3:16:38	99	3:16:38
Hohe Sonne	19.70	1:37:56	4:58	84	28:48	116	28:48	156.60	12:55:00	4:56	68	3:45:26	99	3:45:26
Hirschel	14.70	1:29:13	6:04	121	40:54	175	40:54	171.30	14:24:13	5:02	68	4:26:20	83	4:26:20