



# 13. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2011

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Supermarathon-Sieger

□□□: 14:27:02

□□: 229

□□: 11.83 km/h

□□□□: 5:04 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 86 (of 223)

□□□□□□: 9:57:53

□□□□:

□□□□□: 70(of 142)

Männerstaffel

□□□□□□□: 9:57:53

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	
Grumbach	17.20	1:17:28	4:30	50	18:15	60	18:15	17.20	1:17:28	4:30	71	18:15	103	18:15
Schildwiese	20.10	1:34:58	4:43	80	28:10	111	28:10	37.30	2:52:26	4:37	71	46:25	103	46:25
Neuhaus/ Gewerl	15.50	1:18:07	5:02	35	21:48	43	21:48	52.80	4:10:33	4:44	71	1:08:13	103	1:08:13
Masserberg	19.80	1:35:43	4:50	102	32:31	143	32:31	72.60	5:46:16	4:46	71	1:39:18	103	1:39:18
Allzunah	16.80	1:40:25	5:58	115	36:53	153	36:53	89.40	7:26:41	4:59	71	2:14:17	103	2:14:17
Grenzadler	19.80	2:23:38	7:15	141	1:11:48	221	1:12:36	109.20	9:50:19	5:24	71	3:26:05	103	3:26:05
Neue Ausspanne	13.80	1:10:09	5:05	68	22:53	79	22:53	123.00	11:00:28	5:22	70	3:48:58	102	3:48:58
Kleiner Inselsber	13.90	59:52	4:18	9	10:56	9	10:56	136.90	12:00:20	5:15	70	3:59:54	102	3:59:54
Hohe Sonne	19.70	1:21:29	4:08	14	12:21	21	12:21	156.60	13:21:49	5:07	70	4:12:15	102	4:12:15
Hörschel	14.70	1:05:13	4:26	20	16:54	24	16:54	171.30	14:27:02	5:03	70	4:29:09	86	4:29:09