



# 13. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2011

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Die Unsterblichen

□□□: 14:28:12

□□: 161

□□: 11.84 km/h  
□□□□: 5:04 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 87 (of 223)

□□□□□□: 9:57:53

□□□□:

□□□□□: 71(of 142)

Männerstaffel

□□□□□□□: 9:57:53

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| □□□               | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ | □□□    | □□□      | □□□  | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Grumbach          | 17.20    | 1:25:08  | 4:56         | 92      | 25:55   | 119       | 25:55     | 17.20  | 1:25:08  | 4:56 | 54      | 25:55   | 75        | 25:55     |
| Schildwiese       | 20.10    | 1:47:08  | 5:19         | 121     | 40:20   | 179       | 40:20     | 37.30  | 3:12:16  | 5:09 | 72      | 1:06:15 | 104       | 1:06:15   |
| Neuhaus/ Gewerl   | 15.50    | 1:15:04  | 4:50         | 19      | 18:45   | 24        | 18:45     | 52.80  | 4:27:20  | 5:03 | 72      | 1:25:00 | 104       | 1:25:00   |
| Masserberg        | 19.80    | 1:42:14  | 5:09         | 122     | 39:02   | 184       | 39:02     | 72.60  | 6:09:34  | 5:05 | 72      | 2:02:36 | 104       | 2:02:36   |
| Allzunah          | 16.80    | 1:14:46  | 4:27         | 9       | 11:14   | 12        | 11:14     | 89.40  | 7:24:20  | 4:58 | 72      | 2:11:56 | 104       | 2:11:56   |
| Grenzdler         | 19.80    | 1:39:03  | 5:00         | 72      | 27:13   | 101       | 28:01     | 109.20 | 9:03:23  | 4:58 | 72      | 2:39:09 | 104       | 2:39:09   |
| Neue Ausspanne    | 13.80    | 1:06:19  | 4:48         | 44      | 19:03   | 46        | 19:03     | 123.00 | 10:09:42 | 4:57 | 71      | 2:58:12 | 103       | 2:58:12   |
| Kleiner Inselsber | 13.90    | 1:23:51  | 6:01         | 123     | 34:55   | 178       | 34:55     | 136.90 | 11:33:33 | 5:03 | 71      | 3:33:07 | 103       | 3:33:07   |
| Hohe Sonne        | 19.70    | 1:39:08  | 5:01         | 94      | 30:00   | 127       | 30:00     | 156.60 | 13:12:41 | 5:03 | 71      | 4:03:07 | 103       | 4:03:07   |
| Hörschel          | 14.70    | 1:15:31  | 5:08         | 65      | 27:12   | 83        | 27:12     | 171.30 | 14:28:12 | 5:04 | 71      | 4:30:19 | 87        | 4:30:19   |