



13. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 18.06.2011

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PDV-Power Runner I

□□□: 11:52:59

□□: 131

□□: 14.39 km/h
□□□□: 4:10 min/km

□□: 171.30 km

Blankenstein-Hirschel

□□□□□: 8 (of 223)

□□□□□□: 9:57:53

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□□□□□: 7(of 142)

Männerstaffel

□□□□□□□: 9:57:53

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:08:56	4:00	15	9:43	17	9:43	17.20	1:08:56	4:00	7	9:43	12	9:43
Schildwiese	20.10	1:17:58	3:52	8	11:10	13	11:10	37.30	2:26:54	3:56	7	20:53	12	20:53
Neuhaus/ Gewerl	15.50	1:12:44	4:41	11	16:25	15	16:25	52.80	3:39:38	4:09	7	37:18	12	37:18
Masserberg	19.80	1:12:16	3:38	6	9:04	10	9:04	72.60	4:51:54	4:01	7	44:56	12	44:56
Allzunah	16.80	1:16:55	4:34	12	13:23	15	13:23	89.40	6:08:49	4:07	7	56:25	12	56:25
Grenzdler	19.80	1:20:22	4:03	7	8:32	11	9:20	109.20	7:29:11	4:06	7	1:04:57	12	1:04:57
Neue Ausspanne	13.80	1:04:50	4:41	37	17:34	39	17:34	123.00	8:34:01	4:10	7	1:22:31	12	1:22:31
Kleiner Inselsber	13.90	58:27	4:12	7	9:31	7	9:31	136.90	9:32:28	4:10	7	1:32:02	12	1:32:02
Hohe Sonne	19.70	1:12:58	3:42	4	3:50	6	3:50	156.60	10:45:26	4:07	7	1:35:52	12	1:35:52
Hirschel	14.70	1:07:33	4:35	25	19:14	31	19:14	171.30	11:52:59	4:09	7	1:55:06	8	1:55:06