



# 13. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2011

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Kyffhäuserbergsschnecken

□□□: 15:46:59

□□: 45

□□: 10.83 km/h

□□□□: 5:32 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 167 (of 223)

□□□□□□: 9:57:53

□□□□:

□□□□□: 41(of 68)

Mixstaffel

□□□□□□□: 11:33:44

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:35:56	5:34	57	29:22	196	36:43	17.20	1:35:56	5:34	12	0:22	224	36:43
Schildwiese	20.10	1:39:58	4:58	39	29:58	139	33:10	37.30	3:15:54	5:15	12	10:52	224	1:09:53
Neuhaus/ Gewerl	15.50	1:22:41	5:20	12	13:36	75	26:22	52.80	4:38:35	5:16	12	4:41	224	1:36:15
Masserberg	19.80	1:24:52	4:17	16	18:19	67	21:40	72.60	6:03:27	5:00	12		224	1:56:29
Allzunah	16.80	1:45:15	6:15	46	37:37	182	41:43	89.40	7:48:42	5:14	12		224	2:36:18
Grenzdler	19.80	1:50:04	5:33	47	39:02	167	39:02	109.20	9:38:46	5:18	12		224	3:14:32
Neue Ausspanne	13.80	1:25:51	6:13	46	26:04	182	38:35	123.00	11:04:37	5:24	12		223	3:53:07
Kleiner Inselsber	13.90	1:26:26	6:13	51	26:24	190	37:30	136.90	12:31:03	5:29	12		222	4:30:37
Hohe Sonne	19.70	1:42:07	5:11	42	32:35	156	32:59	156.60	14:13:10	5:26	12		222	5:03:36
Hörschel	14.70	1:33:49	6:22	54	30:47	194	45:30	171.30	15:46:59	5:31	41	4:13:15	167	5:49:06