



# 13. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2011

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Rapunzelracer

□□□: 14:53:52

□□: 195

□□: 11.48 km/h  
□□□□: 5:13 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 107 (of 223)

□□□□□□: 9:57:53

□□□□:

□□□□□: 87(of 142)

Männerstaffel

□□□□□□□: 9:57:53

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:21:00	4:42	70	21:47	83	21:47	17.20	1:21:00	4:42	88	21:47	134	21:47
Schildwiese	20.10	1:26:19	4:17	35	19:31	50	19:31	37.30	2:47:19	4:29	88	41:18	134	41:18
Neuhaus/ Gewerl	15.50	1:32:37	5:58	117	36:18	151	36:18	52.80	4:19:56	4:55	88	1:17:36	134	1:17:36
Masserberg	19.80	1:17:17	3:54	20	14:05	27	14:05	72.60	5:37:13	4:38	88	1:30:15	134	1:30:15
Allzunah	16.80	1:26:44	5:09	55	23:12	65	23:12	89.40	7:03:57	4:44	88	1:51:33	134	1:51:33
Grenzadler	19.80	1:53:36	5:44	125	41:46	184	42:34	109.20	8:57:33	4:55	88	2:33:19	134	2:33:19
Neue Ausspanne	13.80	1:16:30	5:32	99	29:14	129	29:14	123.00	10:14:03	4:59	87	3:02:33	133	3:02:33
Kleiner Inselsber	13.90	1:28:21	6:21	130	39:25	196	39:25	136.90	11:42:24	5:07	87	3:41:58	133	3:41:58
Hohe Sonne	19.70	1:49:47	5:34	129	40:39	189	40:39	156.60	13:32:11	5:11	87	4:22:37	133	4:22:37
Hörschel	14.70	1:21:41	5:33	97	33:22	130	33:22	171.30	14:53:52	5:13	87	4:55:59	107	4:55:59