



13. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2011

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HSV Weimar Triathlon Club 100

□□□: 14:56:44

□□: 220

□□: 11.44 km/h

□□□□: 5:14 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 109 (of 223)

□□□□□□: 9:57:53

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□□□□□: 88(of 142)

Männerstaffel

□□□□□□□: 9:57:53

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:23:59	4:52	83	24:46	105	24:46	17.20	1:23:59	4:52	89	24:46	135	24:46
Schildwiese	20.10	1:29:03	4:25	48	22:15	66	22:15	37.30	2:53:02	4:38	89	47:01	135	47:01
Neuhaus/ Gewerl	15.50	1:26:04	5:33	81	29:45	102	29:45	52.80	4:19:06	4:54	89	1:16:46	135	1:16:46
Masserberg	19.80	1:15:56	3:50	12	12:44	19	12:44	72.60	5:35:02	4:36	89	1:28:04	135	1:28:04
Allzunah	16.80	2:16:31	8:07	141	1:12:59	220	1:12:59	89.40	7:51:33	5:16	89	2:39:09	135	2:39:09
Grenzdler	19.80	1:37:36	4:55	63	25:46	85	26:34	109.20	9:29:09	5:12	89	3:04:55	135	3:04:55
Neue Ausspanne	13.80	1:24:45	6:08	126	37:29	178	37:29	123.00	10:53:54	5:18	88	3:42:24	134	3:42:24
Kleiner Inselsber	13.90	1:13:57	5:19	81	25:01	105	25:01	136.90	12:07:51	5:18	88	4:07:25	134	4:07:25
Hohe Sonne	19.70	1:40:26	5:05	101	31:18	137	31:18	156.60	13:48:17	5:17	88	4:38:43	134	4:38:43
Hörschel	14.70	1:08:27	4:39	32	20:08	39	20:08	171.30	14:56:44	5:14	88	4:58:51	109	4:58:51