



13. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2011

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AOL Mix Altensteiner Oberland

□□□: 15:57:30

□□: 24

□□: 10.72 km/h

□□□□: 5:35 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 173 (of 223)

□□□□□□: 9:57:53

□□□□:

□□□□□: 43(of 68)

Mixstaffel

□□□□□□□: 11:33:44

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:35:34	5:33	56	29:00	194	36:21	17.20	1:35:34	5:33	1	-	224	36:21
Schildwiese	20.10	1:29:28	4:27	18	19:28	69	22:40	37.30	3:05:02	4:57	1	-	224	59:01
Neuhaus/ Gewerl	15.50	1:28:52	5:43	25	19:47	123	32:33	52.80	4:33:54	5:11	1	-	224	1:31:34
Masserberg	19.80	1:43:54	5:14	56	37:21	191	40:42	72.60	6:17:48	5:12	1	-	224	2:10:50
Allzunah	16.80	1:44:42	6:13	43	37:04	178	41:10	89.40	8:02:30	5:23	1	-	224	2:50:06
Grenzadler	19.80	2:22:41	7:12	67	1:11:39	219	1:11:39	109.20	10:25:11	5:43	1	-	224	4:00:57
Neue Ausspanne	13.80	1:17:58	5:38	32	18:11	146	30:42	123.00	11:43:09	5:43	1	-	223	4:31:39
Kleiner Inselsber	13.90	1:24:11	6:03	47	24:09	179	35:15	136.90	13:07:20	5:45	1	-	222	5:06:54
Hohe Sonne	19.70	1:40:34	5:06	33	31:02	140	31:26	156.60	14:47:54	5:40	1	-	222	5:38:20
Hörschel	14.70	1:09:36	4:44	9	6:34	43	21:17	171.30	15:57:30	5:35	43	4:23:46	173	5:59:37