



# 13. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2011

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Hainich-Wildkatzen

□□□: 12:04:58

□□: 147

□□: 14.15 km/h

□□□□: 4:14 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 9 (of 223)

□□□□□□: 9:57:53

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□□□□□: 8(of 142)

Männerstaffel

□□□□□□□: 9:57:53

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:10:55	4:07	18	11:42	22	11:42	17.20	1:10:55	4:07	8	11:42	14	11:42
Schildwiese	20.10	1:18:22	3:53	10	11:34	16	11:34	37.30	2:29:17	4:00	8	23:16	14	23:16
Neuhaus/ Gewerl	15.50	1:11:53	4:38	9	15:34	12	15:34	52.80	3:41:10	4:11	8	38:50	14	38:50
Masserberg	19.80	1:16:58	3:53	16	13:46	23	13:46	72.60	4:58:08	4:06	8	51:10	14	51:10
Allzunah	16.80	1:14:22	4:25	7	10:50	9	10:50	89.40	6:12:30	4:10	8	1:00:06	14	1:00:06
Grenzdler	19.80	1:27:24	4:24	17	15:34	25	16:22	109.20	7:39:54	4:12	8	1:15:40	14	1:15:40
Neue Ausspanne	13.80	58:21	4:13	16	11:05	16	11:05	123.00	8:38:15	4:12	8	1:26:45	14	1:26:45
Kleiner Inselsber	13.90	1:04:12	4:37	21	15:16	25	15:16	136.90	9:42:27	4:15	8	1:42:01	14	1:42:01
Hohe Sonne	19.70	1:24:31	4:17	22	15:23	31	15:23	156.60	11:06:58	4:15	8	1:57:24	14	1:57:24
Hörschel	14.70	58:00	3:56	7	9:41	7	9:41	171.30	12:04:58	4:13	8	2:07:05	9	2:07:05