



13. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2011

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Rennsteiglaufverein Forum

□□□: 15:59:39

□□: 89

□□: 10.69 km/h
□□□□: 5:36 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 174 (of 223)

□□□□□□: 9:57:53

□□□□:

□□□□□: 44(of 68)

Mixstaffel

□□□□□□□: 11:33:44

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Grumbach | 17.20 | 1:51:53 | 6:30 | 67 | 45:19 | 221 | 52:40 | 17.20 | 1:51:53 | 6:30 | 9 | 16:19 | 224 | 52:40 |
| Schildwiese | 20.10 | 1:48:39 | 5:24 | 58 | 38:39 | 184 | 41:51 | 37.30 | 3:40:32 | 5:54 | 9 | 35:30 | 224 | 1:34:31 |
| Neuhaus/ Gewerl | 15.50 | 1:34:52 | 6:07 | 41 | 25:47 | 166 | 38:33 | 52.80 | 5:15:24 | 5:58 | 9 | 41:30 | 224 | 2:13:04 |
| Masserberg | 19.80 | 1:27:16 | 4:24 | 21 | 20:43 | 88 | 24:04 | 72.60 | 6:42:40 | 5:32 | 9 | 24:52 | 224 | 2:35:42 |
| Allzunah | 16.80 | 1:45:59 | 6:18 | 48 | 38:21 | 186 | 42:27 | 89.40 | 8:28:39 | 5:41 | 9 | 26:09 | 224 | 3:16:15 |
| Grenzadler | 19.80 | 1:39:00 | 5:00 | 28 | 27:58 | 100 | 27:58 | 109.20 | 10:07:39 | 5:33 | 9 | | 224 | 3:43:25 |
| Neue Ausspanne | 13.80 | 1:33:01 | 6:44 | 62 | 33:14 | 211 | 45:45 | 123.00 | 11:40:40 | 5:41 | 9 | | 223 | 4:29:10 |
| Kleiner Inselsber | 13.90 | 1:23:48 | 6:01 | 46 | 23:46 | 177 | 34:52 | 136.90 | 13:04:28 | 5:43 | 9 | | 222 | 5:04:02 |
| Hohe Sonne | 19.70 | 1:35:22 | 4:50 | 21 | 25:50 | 93 | 26:14 | 156.60 | 14:39:50 | 5:37 | 9 | | 222 | 5:30:16 |
| Hörschel | 14.70 | 1:19:49 | 5:25 | 25 | 16:47 | 119 | 31:30 | 171.30 | 15:59:39 | 5:36 | 44 | 4:25:55 | 174 | 6:01:46 |