



13. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 18.06.2011

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Wartburg-Sparkasse

□□□: 15:00:57

□□: 95

□□: 11.39 km/h
□□□□: 5:16 min/km

□□: 171.30 km

Blankenstein-Hirschel

□□□□□: 116 (of 223)

□□□□□□: 9:57:53

□□□□:

□□□□□: 93(of 142)

Männerstaffel

□□□□□□□: 9:57:53

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:24:06	4:53	84	24:53	106	24:53	17.20	1:24:06	4:53	94	24:53	144	24:53
Schildwiese	20.10	1:39:14	4:56	94	32:26	135	32:26	37.30	3:03:20	4:54	94	57:19	144	57:19
Neuhaus/ Gewerl	15.50	1:30:02	5:48	102	33:43	132	33:43	52.80	4:33:22	5:10	94	1:31:02	144	1:31:02
Masserberg	19.80	1:41:01	5:06	118	37:49	178	37:49	72.60	6:14:23	5:09	94	2:07:25	144	2:07:25
Allzunah	16.80	1:52:17	6:41	132	48:45	201	48:45	89.40	8:06:40	5:26	94	2:54:16	144	2:54:16
Grenzdler	19.80	1:39:44	5:02	77	27:54	108	28:42	109.20	9:46:24	5:22	94	3:22:10	144	3:22:10
Neue Ausspanne	13.80	1:14:46	5:25	91	27:30	113	27:30	123.00	11:01:10	5:22	93	3:49:40	143	3:49:40
Kleiner Inselsber	13.90	1:05:50	4:44	27	16:54	33	16:54	136.90	12:07:00	5:18	93	4:06:34	143	4:06:34
Hohe Sonne	19.70	1:38:08	4:58	87	29:00	119	29:00	156.60	13:45:08	5:16	93	4:35:34	143	4:35:34
Hirschel	14.70	1:15:49	5:09	68	27:30	87	27:30	171.30	15:00:57	5:15	93	5:03:04	116	5:03:04