



13. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2011

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SSV Erfurt 03 Frauen

□□□: 16:04:02

□□: 14

□□: - km/h
□□□□: 5:38 min/km

Enduro E Bike

□□□□□: 180 (of 223)

□□□□□□: 9:57:53

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□□□□□: 5(of 13)

Frauenstaffel

□□□□□□□: 13:39:23

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:31:46	5:20	7	18:12	177	32:33	17.20	1:31:46	5:20	5	18:12	224	32:33
Schildwiese	20.10	1:33:34	4:39	3	7:59	98	26:46	37.30	3:05:20	4:58	5	17:35	224	59:19
Neuhaus/ Gewerl	15.50	1:40:20	6:28	9	27:41	193	44:01	52.80	4:45:40	5:24	5	45:16	224	1:43:20
Masserberg	19.80	1:33:42	4:43	5	3:19	133	30:30	72.60	6:19:22	5:13	5	46:39	224	2:12:24
Allzunah	16.80	1:44:27	6:13	8	29:48	175	40:55	89.40	8:03:49	5:24	5	1:16:27	224	2:51:25
Grenzadler	19.80	2:02:22	6:10	10	24:29	203	51:20	109.20	10:06:11	5:33	5	1:38:28	224	3:41:57
Neue Ausspanne	13.80	1:20:21	5:49	7	12:59	156	33:05	123.00	11:26:32	5:34	5	1:50:05	223	4:15:02
Kleiner Inselsber	13.90	1:19:52	5:44	7	10:53	153	30:56	136.90	12:46:24	5:35	5	2:00:58	222	4:45:58
Hohe Sonne	19.70	1:58:07	5:59	10	25:57	208	48:59	156.60	14:44:31	5:38	5	2:15:44	222	5:34:57
Hörschel	14.70	1:19:31	5:24	5	8:55	113	31:12	-	16:04:02	-	5	2:24:39	180	6:06:09