



13. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2011

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Runstrenner

□□□: 15:04:58

□□: 97

□□: 11.34 km/h

□□□□: 5:17 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 122 (of 223)

□□□□□□: 9:57:53

□□□□:

□□□□□: 97(of 142)

Männerstaffel

□□□□□□□: 9:57:53

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Grumbach	17.20	1:35:59	5:34	133	36:46	197	36:46	17.20	1:35:59	5:34	98	36:46	151	36:46
Schildwiese	20.10	1:59:30	5:56	135	52:42	212	52:42	37.30	3:35:29	5:46	98	1:29:28	151	1:29:28
Neuhaus/ Gewerl	15.50	1:21:40	5:16	57	25:21	69	25:21	52.80	4:57:09	5:37	98	1:54:49	151	1:54:49
Masserberg	19.80	1:28:21	4:27	72	25:09	97	25:09	72.60	6:25:30	5:18	98	2:18:32	151	2:18:32
Allzunah	16.80	1:27:37	5:12	60	24:05	72	24:05	89.40	7:53:07	5:17	98	2:40:43	151	2:40:43
Grenzadler	19.80	1:31:07	4:36	37	19:17	46	20:05	109.20	9:24:14	5:10	98	3:00:00	151	3:00:00
Neue Ausspanne	13.80	1:16:20	5:31	97	29:04	126	29:04	123.00	10:40:34	5:12	97	3:29:04	150	3:29:04
Kleiner Inselsber	13.90	1:33:43	6:44	137	44:47	210	44:47	136.90	12:14:17	5:21	97	4:13:51	150	4:13:51
Hohe Sonne	19.70	1:32:39	4:42	60	23:31	77	23:31	156.60	13:46:56	5:16	97	4:37:22	150	4:37:22
Hörschel	14.70	1:18:02	5:18	78	29:43	101	29:43	171.30	15:04:58	5:16	97	5:07:05	122	5:07:05