



13. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2011

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Bosch Eisenach

□□□: 15:17:50

□□: 177

□□: 11.18 km/h
□□□□: 5:22 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 138 (of 223)

□□□□□□: 9:57:53

□□□□:

□□□□□: 109(of 142)

Männerstaffel

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Grumbach	17.20	1:22:47	4:48	79	23:34	97	23:34	17.20	1:22:47	4:48	111	23:34	169	23:34
Schildwiese	20.10	1:43:27	5:08	109	36:39	159	36:39	37.30	3:06:14	4:59	111	1:00:13	169	1:00:13
Neuhaus/ Gewerl	15.50	1:27:19	5:37	89	31:00	114	31:00	52.80	4:33:33	5:10	111	1:31:13	169	1:31:13
Masserberg	19.80	1:41:49	5:08	119	38:37	180	38:37	72.60	6:15:22	5:10	111	2:08:24	169	2:08:24
Allzunah	16.80	1:27:30	5:12	57	23:58	69	23:58	89.40	7:42:52	5:10	111	2:30:28	169	2:30:28
Grenzdler	19.80	1:39:26	5:01	74	27:36	104	28:24	109.20	9:22:18	5:08	111	2:58:04	169	2:58:04
Neue Ausspanne	13.80	1:09:00	5:00	58	21:44	66	21:44	123.00	10:31:18	5:07	110	3:19:48	168	3:19:48
Kleiner Inselsber	13.90	1:11:15	5:07	58	22:19	73	22:19	136.90	11:42:33	5:07	110	3:42:07	168	3:42:07
Hohe Sonne	19.70	1:43:49	5:16	115	34:41	166	34:41	156.60	13:26:22	5:08	110	4:16:48	168	4:16:48
Hörschel	14.70	1:51:28	7:34	138	1:03:09	215	1:03:09	171.30	15:17:50	5:21	109	5:19:57	138	5:19:57