



13. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2011

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ilm runners

□□□: 15:38:57

□□: 167

□□: - km/h
□□□□: 5:29 min/km

Enduro E Bike

□□□□□: 156 (of 223)

□□□□□□: 9:57:53

□□□□:

□□□□□: 120(of 142)

Männerstaffel

□□□□□□□: 9:57:53

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□
Grumbach	17.20	1:49:51	6:23	141	50:38	220	50:38	17.20	1:49:51	6:23	116	50:38	175 50:38
Schildwiese	20.10	2:15:15	6:43	139	1:08:27	219	1:08:27	37.30	4:05:06	6:34	116	1:59:05	175 1:59:05
Neuhaus/ Gewerl	15.50	1:30:53	5:51	107	34:34	137	34:34	52.80	5:35:59	6:21	116	2:33:39	175 2:33:39
Masserberg	19.80	1:22:03	4:08	38	18:51	48	18:51	72.60	6:58:02	5:45	116	2:51:04	175 2:51:04
Allzunah	16.80	1:37:00	5:46	94	33:28	125	33:28	89.40	8:35:02	5:45	116	3:22:38	175 3:22:38
Grenzadler	19.80	1:43:47	5:14	101	31:57	145	32:45	109.20	10:18:49	5:40	116	3:54:35	175 3:54:35
Neue Ausspanne	13.80	1:15:33	5:28	92	28:17	118	28:17	123.00	11:34:22	5:38	115	4:22:52	174 4:22:52
Kleiner Inselsber	13.90	1:11:20	5:07	60	22:24	77	22:24	136.90	12:45:42	5:35	115	4:45:16	174 4:45:16
Hohe Sonne	19.70	1:44:53	5:19	120	35:45	173	35:45	156.60	14:30:35	5:33	115	5:21:01	174 5:21:01
Hörschel	14.70	1:08:22	4:39	31	20:03	38	20:03	-	15:38:57	-	120	5:41:04	156 5:41:04