



13. Rennsteig-Staffellauf

Blankenstein bis Hürschel / 18.06.2011

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Windstopper

□□□: 16:26:34

□□: 12

□□: 10.40 km/h

□□□□: 5:46 min/km

□□: 171.30 km

Blankenstein-Hürschel

□□□□□: 195 (of 223)

□□□□□□: 9:57:53

□□□□:

□□□□□: 8(of 13)

Frauenstaffel

□□□□□□□: 13:39:23

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:28:13	5:07	4	14:39	151	29:00	17.20	1:28:13	5:07	8	14:39	224	29:00
Schildwiese	20.10	2:06:29	6:17	13	40:54	216	59:41	37.30	3:34:42	5:45	8	46:57	224	1:28:41
Neuhaus/ Gewerl	15.50	1:45:31	6:48	11	32:52	208	49:12	52.80	5:20:13	6:03	8	1:19:49	224	2:17:53
Masserberg	19.80	1:41:03	5:06	8	10:40	179	37:51	72.60	7:01:16	5:48	8	1:28:33	224	2:54:18
Allzunah	16.80	1:42:45	6:06	7	28:06	171	39:13	89.40	8:44:01	5:51	8	1:56:39	224	3:31:37
Grenzdler	19.80	1:54:59	5:48	8	17:06	190	43:57	109.20	10:39:00	5:51	8	2:11:17	224	4:14:46
Neue Ausspanne	13.80	1:25:10	6:10	10	17:48	181	37:54	123.00	12:04:10	5:53	8	2:27:43	223	4:52:40
Kleiner Inselsber	13.90	1:21:10	5:50	8	12:11	161	32:14	136.90	13:25:20	5:52	8	2:39:54	222	5:24:54
Hohe Sonne	19.70	1:38:08	4:58	4	5:58	119	29:00	156.60	15:03:28	5:46	8	2:34:41	222	5:53:54
Hürschel	14.70	1:23:06	5:39	7	12:30	137	34:47	171.30	16:26:34	5:45	8	2:47:11	195	6:28:41