



13. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2011

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sport luck frauen

□□□: 13:39:23

□□: 1

□□: 12.52 km/h
□□□□: 4:47 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 48 (of 223)

□□□□□□: 9:57:53

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□□□□□: 1(of 13)

Frauenstaffel

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:13:34	4:16	1	-	39	14:21	17.20	1:13:34	4:16	1	-	224	14:21
Schildwiese	20.10	1:34:11	4:41	4	8:36	105	27:23	37.30	2:47:45	4:29	1	-	224	41:44
Neuhaus/ Gewerl	15.50	1:12:39	4:41	1	-	14	16:20	52.80	4:00:24	4:33	1	-	224	58:04
Masserberg	19.80	1:32:19	4:39	4	1:56	126	29:07	72.60	5:32:43	4:34	1	-	190	1:25:45
Allzunah	16.80	1:14:39	4:26	1	-	11	11:07	89.40	6:47:22	4:33	1	-	224	1:34:58
Grenzadler	19.80	1:40:21	5:04	3	2:28	113	29:19	109.20	8:27:43	4:38	1	-	224	2:03:29
Neue Ausspanne	13.80	1:08:44	4:58	2	1:22	65	21:28	123.00	9:36:27	4:41	1	-	223	2:24:57
Kleiner Inselsber	13.90	1:08:59	4:57	1	-	57	20:03	136.90	10:45:26	4:42	1	-	222	2:45:00
Hohe Sonne	19.70	1:43:21	5:14	6	11:11	164	34:13	156.60	12:28:47	4:46	1	-	222	3:19:13
Hörschel	14.70	1:10:36	4:48	1	-	47	22:17	171.30	13:39:23	4:46	1	-	48	3:41:30