



# 13. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2011

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Atemlose Arnoldianer

□□□: 16:33:58

□□: 83

□□: 10.32 km/h

□□□□: 5:48 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 202 (of 223)

□□□□□□: 9:57:53

□□□□:

□□□□□: 58(of 68)

Mixstaffel

□□□□□□□: 11:33:44

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Grumbach	17.20	1:33:33	5:26	52	26:59	187	34:20	17.20	1:33:33	5:26	29		224	34:20
Schildwiese	20.10	1:47:20	5:20	56	37:20	181	40:32	37.30	3:20:53	5:23	29	15:51	224	1:14:52
Neuhaus/ Gewerl	15.50	1:52:09	7:14	64	43:04	216	55:50	52.80	5:13:02	5:55	29	39:08	224	2:10:42
Masserberg	19.80	1:40:04	5:03	48	33:31	168	36:52	72.60	6:53:06	5:41	29	35:18	224	2:46:08
Allzunah	16.80	1:44:47	6:14	45	37:09	180	41:15	89.40	8:37:53	5:47	29	35:23	224	3:25:29
Grenzadler	19.80	1:54:02	5:45	54	43:00	186	43:00	109.20	10:31:55	5:47	29	6:44	224	4:07:41
Neue Ausspanne	13.80	1:17:58	5:38	32	18:11	146	30:42	123.00	11:49:53	5:46	29	6:44	223	4:38:23
Kleiner Inselsber	13.90	1:26:40	6:14	52	26:38	191	37:44	136.90	13:16:33	5:49	29	9:13	222	5:16:07
Hohe Sonne	19.70	1:58:12	6:00	61	48:40	209	49:04	156.60	15:14:45	5:50	29	26:51	222	6:05:11
Hörschel	14.70	1:19:13	5:23	22	16:11	108	30:54	171.30	16:33:58	5:48	58	5:00:14	202	6:36:05