



13. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2011

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Erbstromtaler Schmalwaden women □□□: 16:36:03

□□: 13

□□: 171.30 km

Blankenstein-Hörschel

□□□□:

Frauenstaffel

□□: 10.32 km/h

□□□□: 5:49 min/km

□□□□□: 203 (of 223)

□□□□□□: 9:57:53

□□□□□: 9(of 13)

□□□□□□□: 13:39:23

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:37:52	5:41	8	24:18	201	38:39	17.20	1:37:52	5:41	9	24:18	224	38:39
Schildwiese	20.10	1:55:02	5:43	8	29:27	200	48:14	37.30	3:32:54	5:42	9	45:09	224	1:26:53
Neuhaus/ Gewerl	15.50	1:36:35	6:13	8	23:56	176	40:16	52.80	5:09:29	5:51	9	1:09:05	224	2:07:09
Masserberg	19.80	1:48:22	5:28	13	17:59	206	45:10	72.60	6:57:51	5:45	9	1:25:08	224	2:50:53
Allzunah	16.80	1:59:53	7:08	13	45:14	216	56:21	89.40	8:57:44	6:00	9	2:10:22	224	3:45:20
Grenzdler	19.80	1:58:22	5:58	9	20:29	196	47:20	109.20	10:56:06	6:00	9	2:28:23	224	4:31:52
Neue Ausspanne	13.80	1:14:58	5:25	5	7:36	115	27:42	123.00	12:11:04	5:56	9	2:34:37	223	4:59:34
Kleiner Inselsber	13.90	1:18:59	5:40	6	10:00	147	30:03	136.90	13:30:03	5:55	9	2:44:37	222	5:29:37
Hohe Sonne	19.70	1:46:26	5:24	7	14:16	176	37:18	156.60	15:16:29	5:51	9	2:47:42	222	6:06:55
Hörschel	14.70	1:19:34	5:24	6	8:58	114	31:15	171.30	16:36:03	5:48	9	2:56:40	203	6:38:10