



# 13. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 18.06.2011

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Flinke Hirsche 2

□□□: 16:39:05

□□: 64

□□: 10.27 km/h  
□□□□: 5:50 min/km

□□: 171.30 km

Blankenstein-Hirschel

□□□□□: 208 (of 223)

□□□□□□: 9:57:53

□□□□:

□□□□□: 60(of 68)

Mixstaffel

□□□□□□□: 11:33:44

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:28:42	5:09	43	22:08	155	29:29	17.20	1:28:42	5:09	18		224	29:29
Schildwiese	20.10	1:40:29	4:59	42	30:29	144	33:41	37.30	3:09:11	5:04	18	4:09	224	1:03:10
Neuhaus/ Gewerl	15.50	1:41:40	6:33	57	32:35	199	45:21	52.80	4:50:51	5:30	18	16:57	224	1:48:31
Masserberg	19.80	1:45:57	5:21	58	39:24	195	42:45	72.60	6:36:48	5:27	18	19:00	224	2:29:50
Allzunah	16.80	1:52:15	6:40	60	44:37	200	48:43	89.40	8:29:03	5:41	18	26:33	224	3:16:39
Grenzadler	19.80	1:41:10	5:06	36	30:08	124	30:08	109.20	10:10:13	5:35	18		224	3:45:59
Neue Ausspanne	13.80	1:16:34	5:32	26	16:47	130	29:18	123.00	11:26:47	5:35	18		223	4:15:17
Kleiner Inselsber	13.90	1:27:42	6:18	53	27:40	194	38:46	136.90	12:54:29	5:39	18		222	4:54:03
Hohe Sonne	19.70	1:55:12	5:50	59	45:40	205	46:04	156.60	14:49:41	5:40	18	1:47	222	5:40:07
Hirschel	14.70	1:49:24	7:26	64	46:22	213	1:01:05	171.30	16:39:05	5:49	60	5:05:21	208	6:41:12