



# 13. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2011

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Sack & Seil vom FSV

□□□: 16:57:50

□□: 37

□□: 10.08 km/h

□□□□: 5:56 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 214 (of 223)

□□□□□□: 9:57:53

□□□□:

□□□□□: 65(of 68)

Mixstaffel

□□□□□□□: 11:33:44

□□□□

□□□□

□□□

| □□□               | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ | □□□    | □□□      | □□□  | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Grumbach          | 17.20    | 1:28:00  | 5:06         | 39      | 21:26   | 145       | 28:47     | 17.20  | 1:28:00  | 5:06 | 22      |         | 224       | 28:47     |
| Schildwiese       | 20.10    | 1:56:49  | 5:48         | 65      | 46:49   | 207       | 50:01     | 37.30  | 3:24:49  | 5:29 | 22      | 19:47   | 224       | 1:18:48   |
| Neuhaus/ Gewerl   | 15.50    | 1:36:47  | 6:14         | 48      | 27:42   | 178       | 40:28     | 52.80  | 5:01:36  | 5:42 | 22      | 27:42   | 224       | 1:59:16   |
| Masserberg        | 19.80    | 1:56:25  | 5:52         | 64      | 49:52   | 214       | 53:13     | 72.60  | 6:58:01  | 5:45 | 22      | 40:13   | 224       | 2:51:03   |
| Allzunah          | 16.80    | 1:48:26  | 6:27         | 54      | 40:48   | 193       | 44:54     | 89.40  | 8:46:27  | 5:53 | 22      | 43:57   | 224       | 3:34:03   |
| Grenzadler        | 19.80    | 1:54:24  | 5:46         | 55      | 43:22   | 187       | 43:22     | 109.20 | 10:40:51 | 5:52 | 22      | 15:40   | 224       | 4:16:37   |
| Neue Ausspanne    | 13.80    | 1:27:56  | 6:22         | 50      | 28:09   | 193       | 40:40     | 123.00 | 12:08:47 | 5:55 | 22      | 25:38   | 223       | 4:57:17   |
| Kleiner Inselsber | 13.90    | 1:13:40  | 5:17         | 21      | 13:38   | 103       | 24:44     | 136.90 | 13:22:27 | 5:51 | 22      | 15:07   | 222       | 5:22:01   |
| Hohe Sonne        | 19.70    | 2:08:06  | 6:30         | 68      | 58:34   | 221       | 58:58     | 156.60 | 15:30:33 | 5:56 | 22      | 42:39   | 222       | 6:20:59   |
| Hörschel          | 14.70    | 1:27:17  | 5:56         | 42      | 24:15   | 167       | 38:58     | 171.30 | 16:57:50 | 5:56 | 65      | 5:24:06 | 214       | 6:59:57   |