



13. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 18.06.2011

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X-FAB/Melexis Running Ladies

□□□: 17:01:48

□□: 10

□□: 10.04 km/h

□□□□: 5:58 min/km

□□: 171.30 km

Blankenstein-Hirschel

□□□□□: 215 (of 223)

□□□□□□: 9:57:53

□□□□:

□□□□□: 11(of 13)

Frauenstaffel

□□□□□□□: 13:39:23

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	□□
Grumbach	17.20	1:48:02	6:16	13	34:28	218	48:49	17.20	1:48:02	6:16	11	34:28	224	48:49
Schildwiese	20.10	1:50:17	5:29	6	24:42	191	43:29	37.30	3:38:19	5:51	11	50:34	224	1:32:18
Neuhaus/ Gewerl	15.50	1:49:04	7:02	12	36:25	212	52:45	52.80	5:27:23	6:12	11	1:26:59	224	2:25:03
Masserberg	19.80	1:44:53	5:17	11	14:30	193	41:41	72.60	7:12:16	5:57	11	1:39:33	224	3:05:18
Allzunah	16.80	1:53:51	6:46	10	39:12	203	50:19	89.40	9:06:07	6:06	11	2:18:45	224	3:53:43
Grenzadler	19.80	1:48:33	5:28	6	10:40	158	37:31	109.20	10:54:40	5:59	11	2:26:57	224	4:30:26
Neue Ausspanne	13.80	1:26:59	6:18	11	19:37	191	39:43	123.00	12:21:39	6:01	11	2:45:12	223	5:10:09
Kleiner Inselsber	13.90	1:21:14	5:50	9	12:15	162	32:18	136.90	13:42:53	6:00	11	2:57:27	222	5:42:27
Hohe Sonne	19.70	1:59:33	6:04	11	27:23	212	50:25	156.60	15:42:26	6:01	11	3:13:39	222	6:32:52
Hirschel	14.70	1:19:22	5:23	4	8:46	111	31:03	171.30	17:01:48	5:57	11	3:22:25	215	7:03:55