



13. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2011

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GoetheLadys

□□□: 17:54:11

□□: 5

□□: 9.55 km/h
□□□□: 6:16 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 218 (of 223)

□□□□□□: 9:57:53

□□□□:

□□□□□: 12(of 13)

Frauenstaffel

□□□□□□□: 13:39:23

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:42:45	5:58	11	29:11	211	43:32	17.20	1:42:45	5:58	12	29:11	224	43:32
Schildwiese	20.10	1:55:15	5:44	9	29:40	201	48:27	37.30	3:38:00	5:50	12	50:15	224	1:31:59
Neuhaus/ Gewerl	15.50	1:44:00	6:42	10	31:21	205	47:41	52.80	5:22:00	6:05	12	1:21:36	224	2:19:40
Masserberg	19.80	1:40:00	5:03	6	9:37	166	36:48	72.60	7:02:00	5:48	12	1:29:17	224	2:55:02
Allzunah	16.80	1:56:52	6:57	11	42:13	209	53:20	89.40	8:58:52	6:01	12	2:11:30	224	3:46:28
Grenzdler	19.80	2:23:19	7:14	13	45:26	220	1:12:17	109.20	11:22:11	6:14	12	2:54:28	224	4:57:57
Neue Ausspanne	13.80	1:21:55	5:56	9	14:33	169	34:39	123.00	12:44:06	6:12	12	3:07:39	223	5:32:36
Kleiner Inselsber	13.90	1:27:27	6:17	12	18:28	192	38:31	136.90	14:11:33	6:13	12	3:26:07	222	6:11:07
Hohe Sonne	19.70	2:17:34	6:58	13	45:24	222	1:08:26	156.60	16:29:07	6:18	12	4:00:20	222	7:19:33
Hörschel	14.70	1:25:04	5:47	8	14:28	157	36:45	171.30	17:54:11	6:16	12	4:14:48	218	7:56:18