



13. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2011

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Gipfelstürmer

□□□: 17:37:31

□□: 142

□□: 9.70 km/h

□□□□: 6:10 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 217 (of 223)

□□□□□□: 9:57:53

□□□□:

□□□□□: 140(of 142)

Männerstaffel

□□□□□□□: 9:57:53

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:27:08	5:03	104	27:55	139	27:55	17.20	1:27:08	5:03	142	27:55	221	27:55
Schildwiese	20.10	1:40:45	5:00	100	33:57	148	33:57	37.30	3:07:53	5:02	142	1:01:52	221	1:01:52
Neuhaus/ Gewerl	15.50	1:38:22	6:20	127	42:03	185	42:03	52.80	4:46:15	5:25	142	1:43:55	221	1:43:55
Masserberg	19.80	1:52:23	5:40	134	49:11	210	49:11	72.60	6:38:38	5:29	142	2:31:40	221	2:31:40
Allzunah	16.80	2:00:20	7:09	139	56:48	217	56:48	89.40	8:38:58	5:48	142	3:26:34	221	3:26:34
Grenzadler	19.80	2:06:33	6:23	138	54:43	212	55:31	109.20	10:45:31	5:54	142	4:21:17	221	4:21:17
Neue Ausspanne	13.80	1:21:51	5:55	121	34:35	168	34:35	123.00	12:07:22	5:54	141	4:55:52	220	4:55:52
Kleiner Inselsber	13.90	1:25:26	6:08	127	36:30	187	36:30	136.90	13:32:48	5:56	140	5:32:22	219	5:32:22
Hohe Sonne	19.70	2:02:43	6:13	140	53:35	218	53:35	156.60	15:35:31	5:58	140	6:25:57	219	6:25:57
Hörschel	14.70	2:02:00	8:17	139	1:13:41	219	1:13:41	171.30	17:37:31	6:10	140	7:39:38	217	7:39:38