



13. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2011

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Amgen-Laufmäuse

□□□: 18:02:55

□□: 7

□□: 9.49 km/h
□□□□: 6:19 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 219 (of 223)

□□□□□□: 9:57:53

□□□□:

□□□□□: 13(of 13)

Frauenstaffel

□□□□□□□: 13:39:23

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:43:36	6:01	12	30:02	212	44:23	17.20	1:43:36	6:01	13	30:02	224	44:23
Schildwiese	20.10	1:58:59	5:55	11	33:24	211	52:11	37.30	3:42:35	5:58	13	54:50	224	1:36:34
Neuhaus/ Gewerl	15.50	2:01:42	7:51	13	49:03	221	1:05:23	52.80	5:44:17	6:31	13	1:43:53	224	2:41:57
Masserberg	19.80	1:47:18	5:25	12	16:55	203	44:06	72.60	7:31:35	6:13	13	1:58:52	224	3:24:37
Allzunah	16.80	1:58:45	7:04	12	44:06	213	55:13	89.40	9:30:20	6:22	13	2:42:58	224	4:17:56
Grenzdler	19.80	1:39:35	5:01	2	1:42	106	28:33	109.20	11:09:55	6:08	13	2:42:12	224	4:45:41
Neue Ausspanne	13.80	1:28:20	6:24	12	20:58	197	41:04	123.00	12:38:15	6:09	13	3:01:48	223	5:26:45
Kleiner Inselsber	13.90	1:24:13	6:03	10	15:14	180	35:17	136.90	14:02:28	6:09	13	3:17:02	222	6:02:02
Hohe Sonne	19.70	2:07:48	6:29	12	35:38	220	58:40	156.60	16:10:16	6:11	13	3:41:29	222	7:00:42
Hörschel	14.70	1:52:39	7:39	13	42:03	216	1:04:20	171.30	18:02:55	6:19	13	4:23:32	219	8:05:02