



# 13. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 18.06.2011

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USV Erfurt

□□□: 12:54:42

□□: 98

□□: 13.27 km/h

□□□□: 4:31 min/km

□□: 171.30 km

Blankenstein-Hirschel

□□□□□: 20 (of 223)

□□□□□□: 9:57:53

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□□□□□: 15(of 142)

Männerstaffel

□□□□□□□: 9:57:53

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:11:35	4:09	22	12:22	26	12:22	17.20	1:11:35	4:09	15	12:22	26	12:22
Schildwiese	20.10	1:29:11	4:26	49	22:23	67	22:23	37.30	2:40:46	4:18	15	34:45	26	34:45
Neuhaus/ Gewerl	15.50	1:17:23	4:59	33	21:04	41	21:04	52.80	3:58:09	4:30	15	55:49	26	55:49
Masserberg	19.80	1:21:03	4:05	32	17:51	39	17:51	72.60	5:19:12	4:23	15	1:12:14	26	1:12:14
Allzunah	16.80	1:22:22	4:54	25	18:50	31	18:50	89.40	6:41:34	4:29	15	1:29:10	26	1:29:10
Grenzadler	19.80	1:23:46	4:13	8	11:56	15	12:44	109.20	8:05:20	4:26	15	1:41:06	26	1:41:06
Neue Ausspanne	13.80	1:03:33	4:36	33	16:17	35	16:17	123.00	9:08:53	4:27	15	1:57:23	26	1:57:23
Kleiner Inselsber	13.90	1:20:42	5:48	113	31:46	159	31:46	136.90	10:29:35	4:35	15	2:29:09	26	2:29:09
Hohe Sonne	19.70	1:24:43	4:18	25	15:35	34	15:35	156.60	11:54:18	4:33	15	2:44:44	26	2:44:44
Hirschel	14.70	1:00:24	4:06	9	12:05	9	12:05	171.30	12:54:42	4:31	15	2:56:49	20	2:56:49