



13. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2011

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Gehlberger Waldstrolche I

□□□: 13:03:30

□□: 146

□□: 13.10 km/h
□□□□: 4:34 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 25 (of 223)

□□□□□□: 9:57:53

□□□□:

□□□□□: 19(of 142)

Männerstaffel

□□□□□□□: 9:57:53

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:15:16	4:22	36	16:03	46	16:03	17.20	1:15:16	4:22	19	16:03	30	16:03
Schildwiese	20.10	1:25:02	4:13	26	18:14	38	18:14	37.30	2:40:18	4:17	19	34:17	30	34:17
Neuhaus/ Gewerl	15.50	1:11:11	4:35	8	14:52	10	14:52	52.80	3:51:29	4:23	19	49:09	30	49:09
Masserberg	19.80	1:15:50	3:49	11	12:38	18	12:38	72.60	5:07:19	4:13	19	1:00:21	30	1:00:21
Allzunah	16.80	1:24:21	5:01	36	20:49	44	20:49	89.40	6:31:40	4:22	19	1:19:16	30	1:19:16
Grenzadler	19.80	1:32:58	4:41	42	21:08	56	21:56	109.20	8:04:38	4:26	19	1:40:24	30	1:40:24
Neue Ausspanne	13.80	1:04:43	4:41	36	17:27	38	17:27	123.00	9:09:21	4:27	19	1:57:51	30	1:57:51
Kleiner Inselsber	13.90	1:12:36	5:13	73	23:40	93	23:40	136.90	10:21:57	4:32	19	2:21:31	30	2:21:31
Hohe Sonne	19.70	1:30:08	4:34	46	21:00	59	21:00	156.60	11:52:05	4:32	19	2:42:31	30	2:42:31
Hörschel	14.70	1:11:25	4:51	42	23:06	52	23:06	171.30	13:03:30	4:34	19	3:05:37	25	3:05:37