



# 13. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2011

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Rennsteiglaufteam 600 plus

□□□: 13:06:14

□□: 228

□□: 13.05 km/h  
□□□□: 4:35 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 27 (of 223)

□□□□□□: 9:57:53

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□□□□□: 21(of 142)

Männerstaffel

□□□□□□□: 9:57:53

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:08:20	3:58	13	9:07	15	9:07	17.20	1:08:20	3:58	21	9:07	32	9:07
Schildwiese	20.10	1:33:25	4:38	71	26:37	97	26:37	37.30	2:41:45	4:20	21	35:44	32	35:44
Neuhaus/ Gewerl	15.50	1:16:41	4:56	28	20:22	34	20:22	52.80	3:58:26	4:30	21	56:06	32	56:06
Masserberg	19.80	1:25:50	4:20	59	22:38	76	22:38	72.60	5:24:16	4:27	21	1:17:18	32	1:17:18
Allzunah	16.80	1:21:48	4:52	24	18:16	29	18:16	89.40	6:46:04	4:32	21	1:33:40	32	1:33:40
Grenzadler	19.80	1:30:54	4:35	33	19:04	42	19:52	109.20	8:16:58	4:33	21	1:52:44	32	1:52:44
Neue Ausspanne	13.80	1:09:38	5:02	63	22:22	73	22:22	123.00	9:26:36	4:36	21	2:15:06	32	2:15:06
Kleiner Inselsber	13.90	1:04:39	4:39	22	15:43	26	15:43	136.90	10:31:15	4:36	21	2:30:49	32	2:30:49
Hohe Sonne	19.70	1:27:00	4:24	35	17:52	46	17:52	156.60	11:58:15	4:35	21	2:48:41	32	2:48:41
Hörschel	14.70	1:07:59	4:37	28	19:40	35	19:40	171.30	13:06:14	4:35	21	3:08:21	27	3:08:21