



13. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 18.06.2011

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Rhöner Knirpel

□□□: 13:07:41

□□: 208

□□: 13.03 km/h
□□□□: 4:36 min/km

□□: 171.30 km

Blankenstein-Hirschel

□□□□□: 28 (of 223)

□□□□□□: 9:57:53

□□□□:

□□□□□: 22(of 142)

Männerstaffel

□□□□□□□: 9:57:53

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:06:14	3:51	9	7:01	9	7:01	17.20	1:06:14	3:51	22	7:01	35	7:01
Schildwiese	20.10	1:28:08	4:23	45	21:20	62	21:20	37.30	2:34:22	4:08	22	28:21	35	28:21
Neuhaus/ Gewerl	15.50	1:19:27	5:07	41	23:08	49	23:08	52.80	3:53:49	4:25	22	51:29	35	51:29
Masserberg	19.80	1:27:07	4:23	67	23:55	86	23:55	72.60	5:20:56	4:25	22	1:13:58	35	1:13:58
Allzunah	16.80	1:27:15	5:11	56	23:43	68	23:43	89.40	6:48:11	4:33	22	1:35:47	35	1:35:47
Grenzdler	19.80	1:41:24	5:07	87	29:34	127	30:22	109.20	8:29:35	4:39	22	2:05:21	35	2:05:21
Neue Ausspanne	13.80	58:05	4:12	13	10:49	13	10:49	123.00	9:27:40	4:36	22	2:16:10	35	2:16:10
Kleiner Inselsber	13.90	1:08:02	4:53	38	19:06	47	19:06	136.90	10:35:42	4:38	22	2:35:16	35	2:35:16
Hohe Sonne	19.70	1:24:27	4:17	20	15:19	29	15:19	156.60	12:00:09	4:35	22	2:50:35	35	2:50:35
Hirschel	14.70	1:07:32	4:35	24	19:13	30	19:13	171.30	13:07:41	4:35	22	3:09:48	28	3:09:48