



# 13. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2011

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Schwabenpfeil

□□□: 14:07:44

□□: 55

□□: 12.10 km/h  
□□□□: 4:57 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 73 (of 223)

□□□□□□: 9:57:53

□□□□:

□□□□□: 13(of 68)

Mixstaffel

□□□□□□□: 11:33:44

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:26:16	5:00	30	19:42	130	27:03	17.20	1:26:16	5:00	40	-	224	27:03
Schildwiese	20.10	1:27:49	4:22	16	17:49	60	21:01	37.30	2:54:05	4:40	40	-	224	48:04
Neuhaus/ Gewerl	15.50	1:22:53	5:20	13	13:48	77	26:34	52.80	4:16:58	4:52	40	-	224	1:14:38
Masserberg	19.80	1:24:38	4:16	15	18:05	65	21:26	72.60	5:41:36	4:42	40	-	224	1:34:38
Allzunah	16.80	1:31:38	5:27	19	24:00	97	28:06	89.40	7:13:14	4:50	40	-	224	2:00:50
Grenzadler	19.80	1:38:01	4:57	25	26:59	94	26:59	109.20	8:51:15	4:51	40	-	224	2:27:01
Neue Ausspanne	13.80	1:25:08	6:10	45	25:21	180	37:52	123.00	10:16:23	5:00	40	-	223	3:04:53
Kleiner Inselsber	13.90	1:00:56	4:23	3	0:54	14	12:00	136.90	11:17:19	4:56	40	-	222	3:16:53
Hohe Sonne	19.70	1:36:45	4:54	25	27:13	105	27:37	156.60	12:54:04	4:56	40	-	222	3:44:30
Hörschel	14.70	1:13:40	5:00	11	10:38	69	25:21	171.30	14:07:44	4:56	13	2:34:00	73	4:09:51