



13. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2011

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Oskar U13

□□□: 13:09:17

□□: 140

□□: 13.02 km/h
□□□□: 4:37 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 29 (of 223)

□□□□□□: 9:57:53

□□□□:

□□□□□: 23(of 142)

Männerstaffel

□□□□□□□: 9:57:53

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Grumbach | 17.20 | 1:15:33 | 4:23 | 38 | 16:20 | 48 | 16:20 | 17.20 | 1:15:33 | 4:23 | 23 | 16:20 | 37 | 16:20 |
| Schildwiese | 20.10 | 1:25:38 | 4:15 | 30 | 18:50 | 43 | 18:50 | 37.30 | 2:41:11 | 4:19 | 23 | 35:10 | 37 | 35:10 |
| Neuhaus/ Gewerl | 15.50 | 1:22:26 | 5:19 | 61 | 26:07 | 73 | 26:07 | 52.80 | 4:03:37 | 4:36 | 23 | 1:01:17 | 37 | 1:01:17 |
| Masserberg | 19.80 | 1:30:51 | 4:35 | 87 | 27:39 | 118 | 27:39 | 72.60 | 5:34:28 | 4:36 | 23 | 1:27:30 | 37 | 1:27:30 |
| Allzunah | 16.80 | 1:24:25 | 5:01 | 37 | 20:53 | 45 | 20:53 | 89.40 | 6:58:53 | 4:41 | 23 | 1:46:29 | 37 | 1:46:29 |
| Grenzadler | 19.80 | 1:29:12 | 4:30 | 26 | 17:22 | 35 | 18:10 | 109.20 | 8:28:05 | 4:39 | 23 | 2:03:51 | 37 | 2:03:51 |
| Neue Ausspanne | 13.80 | 1:09:25 | 5:01 | 61 | 22:09 | 71 | 22:09 | 123.00 | 9:37:30 | 4:41 | 23 | 2:26:00 | 37 | 2:26:00 |
| Kleiner Inselsber | 13.90 | 1:03:50 | 4:35 | 19 | 14:54 | 22 | 14:54 | 136.90 | 10:41:20 | 4:41 | 23 | 2:40:54 | 37 | 2:40:54 |
| Hohe Sonne | 19.70 | 1:23:41 | 4:14 | 18 | 14:33 | 26 | 14:33 | 156.60 | 12:05:01 | 4:37 | 23 | 2:55:27 | 37 | 2:55:27 |
| Hörschel | 14.70 | 1:04:16 | 4:22 | 16 | 15:57 | 18 | 15:57 | 171.30 | 13:09:17 | 4:36 | 23 | 3:11:24 | 29 | 3:11:24 |