



# 13. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 18.06.2011

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Ringer vom KSV Pausa

□□□: 13:11:14

□□: 226

□□: 12.97 km/h

□□□□: 4:37 min/km

□□: 171.30 km

Blankenstein-Hirschel

□□□□□: 30 (of 223)

□□□□□□: 9:57:53

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□□□□□: 24(of 142)

Männerstaffel

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Grumbach	17.20	1:15:40	4:23	39	16:27	49	16:27	17.20	1:15:40	4:23	25	16:27	39	16:27
Schildwiese	20.10	1:23:38	4:09	20	16:50	29	16:50	37.30	2:39:18	4:16	25	33:17	39	33:17
Neuhaus/ Gewerl	15.50	1:15:13	4:51	20	18:54	25	18:54	52.80	3:54:31	4:26	25	52:11	39	52:11
Masserberg	19.80	1:17:00	3:53	17	13:48	24	13:48	72.60	5:11:31	4:17	25	1:04:33	39	1:04:33
Allzunah	16.80	1:30:44	5:24	75	27:12	94	27:12	89.40	6:42:15	4:29	25	1:29:51	39	1:29:51
Grenzadler	19.80	1:27:39	4:25	18	15:49	26	16:37	109.20	8:09:54	4:29	25	1:45:40	39	1:45:40
Neue Ausspanne	13.80	1:07:51	4:54	51	20:35	58	20:35	123.00	9:17:45	4:32	24	2:06:15	38	2:06:15
Kleiner Inselsber	13.90	1:06:26	4:46	29	17:30	36	17:30	136.90	10:24:11	4:33	24	2:23:45	38	2:23:45
Hohe Sonne	19.70	1:33:47	4:45	66	24:39	85	24:39	156.60	11:57:58	4:35	24	2:48:24	38	2:48:24
Hirschel	14.70	1:13:16	4:59	53	24:57	65	24:57	171.30	13:11:14	4:37	24	3:13:21	30	3:13:21