



13. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2011

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Laufteam Erfurt

□□□: 11:33:44

□□: 38

□□: 14.79 km/h

□□□□: 4:03 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 7 (of 223)

□□□□□□: 9:57:53

□□□□:

□□□□□: 1(of 68)

Mixstaffel

□□□□□□□: 11:33:44

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:20:30	4:40	12	13:56	79	21:17	17.20	1:20:30	4:40	61	-	224	21:17
Schildwiese	20.10	1:10:00	3:28	1	-	4	3:12	37.30	2:30:30	4:02	61	-	224	24:29
Neuhaus/ Gewerl	15.50	1:11:11	4:35	3	2:06	10	14:52	52.80	3:41:41	4:11	61	-	224	39:21
Masserberg	19.80	1:07:03	3:23	2	0:30	5	3:51	72.60	4:48:44	3:58	61	-	224	41:46
Allzunah	16.80	1:10:53	4:13	2	3:15	7	7:21	89.40	5:59:37	4:01	61	-	224	47:13
Grenzdler	19.80	1:11:02	3:35	1	-	1	-	109.20	7:10:39	3:56	61	-	224	46:25
Neue Ausspanne	13.80	59:47	4:19	1	-	21	12:31	123.00	8:10:26	3:59	61	-	223	58:56
Kleiner Inselsber	13.90	1:00:49	4:22	2	0:47	13	11:53	136.90	9:11:15	4:01	61	-	222	1:10:49
Hohe Sonne	19.70	1:09:32	3:31	1	-	2	0:24	156.60	10:20:47	3:57	61	-	222	1:11:13
Hörschel	14.70	1:12:57	4:57	10	9:55	63	24:38	171.30	11:33:44	4:02	1	-	7	1:35:51