



# 13. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 18.06.2011

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LTV Erfurt 2

□□□: 13:14:25

□□: 133

□□: 12.92 km/h

□□□□: 4:38 min/km

□□: 171.30 km

Blankenstein-Hirschel

□□□□□: 31 (of 223)

□□□□□□: 9:57:53

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□□□□□: 25(of 142)

Männerstaffel

□□□□□□□: 9:57:53

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:15:00	4:21	35	15:47	45	15:47	17.20	1:15:00	4:21	26	15:47	40	15:47
Schildwiese	20.10	1:23:53	4:10	21	17:05	31	17:05	37.30	2:38:53	4:15	26	32:52	40	32:52
Neuhaus/ Gewerl	15.50	1:16:33	4:56	26	20:14	32	20:14	52.80	3:55:26	4:27	26	53:06	40	53:06
Masserberg	19.80	1:21:16	4:06	34	18:04	41	18:04	72.60	5:16:42	4:21	26	1:09:44	40	1:09:44
Allzunah	16.80	1:26:26	5:08	51	22:54	61	22:54	89.40	6:43:08	4:30	26	1:30:44	40	1:30:44
Grenzdler	19.80	1:28:36	4:28	23	16:46	32	17:34	109.20	8:11:44	4:30	26	1:47:30	40	1:47:30
Neue Ausspanne	13.80	1:06:09	4:47	43	18:53	45	18:53	123.00	9:17:53	4:32	25	2:06:23	39	2:06:23
Kleiner Inselsber	13.90	1:12:32	5:13	71	23:36	91	23:36	136.90	10:30:25	4:36	25	2:29:59	39	2:29:59
Hohe Sonne	19.70	1:24:17	4:16	19	15:09	28	15:09	156.60	11:54:42	4:33	25	2:45:08	39	2:45:08
Hirschel	14.70	1:19:43	5:25	88	31:24	117	31:24	171.30	13:14:25	4:38	25	3:16:32	31	3:16:32