



13. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2011

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Sangerhäuser Rosenflitzer

□□□: 13:15:28

□□: 123

□□: 12.92 km/h

□□□□: 4:38 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 34 (of 223)

□□□□□□: 9:57:53

□□□□:

□□□□□: 27(of 142)

Männerstaffel

□□□□□□□: 9:57:53

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:13:03	4:14	28	13:50	34	13:50	17.20	1:13:03	4:14	28	13:50	42	13:50
Schildwiese	20.10	1:21:48	4:04	16	15:00	25	15:00	37.30	2:34:51	4:09	28	28:50	42	28:50
Neuhaus/ Gewerl	15.50	1:05:21	4:12	5	9:02	5	9:02	52.80	3:40:12	4:10	28	37:52	42	37:52
Masserberg	19.80	1:18:40	3:58	25	15:28	32	15:28	72.60	4:58:52	4:06	28	51:54	42	51:54
Allzunah	16.80	1:33:09	5:32	85	29:37	110	29:37	89.40	6:32:01	4:23	28	1:19:37	42	1:19:37
Grenzadler	19.80	1:36:22	4:52	58	24:32	76	25:20	109.20	8:08:23	4:28	28	1:44:09	42	1:44:09
Neue Ausspanne	13.80	1:11:39	5:11	80	24:23	94	24:23	123.00	9:20:02	4:33	27	2:08:32	41	2:08:32
Kleiner Inselsber	13.90	1:17:18	5:33	99	28:22	135	28:22	136.90	10:37:20	4:39	27	2:36:54	41	2:36:54
Hohe Sonne	19.70	1:27:36	4:26	37	18:28	48	18:28	156.60	12:04:56	4:37	27	2:55:22	41	2:55:22
Hörschel	14.70	1:10:32	4:47	37	22:13	46	22:13	171.30	13:15:28	4:38	27	3:17:35	34	3:17:35