



# 13. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2011

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Bundeswehr-Laufteam-131

□□□: 13:16:38

□□: 188

□□: 12.88 km/h  
□□□□: 4:39 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 35 (of 223)

□□□□□□: 9:57:53

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□□□□□: 28(of 142)

Männerstaffel

□□□□□□□: 9:57:53

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:05:34	3:48	7	6:21	7	6:21	17.20	1:05:34	3:48	29	6:21	43	6:21
Schildwiese	20.10	1:31:45	4:33	61	24:57	84	24:57	37.30	2:37:19	4:13	29	31:18	43	31:18
Neuhaus/ Gewerl	15.50	1:16:34	4:56	27	20:15	33	20:15	52.80	3:53:53	4:25	29	51:33	43	51:33
Masserberg	19.80	1:24:29	4:16	50	21:17	64	21:17	72.60	5:18:22	4:23	29	1:11:24	43	1:11:24
Allzunah	16.80	1:23:59	4:59	34	20:27	42	20:27	89.40	6:42:21	4:30	29	1:29:57	43	1:29:57
Grenzadler	19.80	1:35:13	4:48	53	23:23	69	24:11	109.20	8:17:34	4:33	29	1:53:20	43	1:53:20
Neue Ausspanne	13.80	54:00	3:54	7	6:44	7	6:44	123.00	9:11:34	4:29	28	2:00:04	42	2:00:04
Kleiner Inselsber	13.90	1:11:53	5:10	65	22:57	83	22:57	136.90	10:23:27	4:33	28	2:23:01	42	2:23:01
Hohe Sonne	19.70	1:40:51	5:07	103	31:43	142	31:43	156.60	12:04:18	4:37	28	2:54:44	42	2:54:44
Hörschel	14.70	1:12:20	4:55	47	24:01	58	24:01	171.30	13:16:38	4:39	28	3:18:45	35	3:18:45