



13. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2011

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Laufladen Jena

□□□: 11:01:48

□□: 222

□□: 15.50 km/h

□□□□: 3:52 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 4 (of 223)

□□□□□□: 9:57:53

□□□□:

□□□□□: 4(of 142)

Männerstaffel

□□□□□□□: 9:57:53

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:07:27	3:55	11	8:14	12	8:14	17.20	1:07:27	3:55	4	8:14	5	8:14
Schildwiese	20.10	1:13:15	3:38	5	6:27	7	6:27	37.30	2:20:42	3:46	4	14:41	5	14:41
Neuhaus/ Gewerl	15.50	1:09:48	4:30	6	13:29	7	13:29	52.80	3:30:30	3:59	4	28:10	5	28:10
Masserberg	19.80	1:03:12	3:11	1	-	1	-	72.60	4:33:42	3:46	4	26:44	5	26:44
Allzunah	16.80	1:11:33	4:15	6	8:01	8	8:01	89.40	5:45:15	3:51	4	32:51	5	32:51
Grenzdler	19.80	1:19:00	3:59	5	7:10	8	7:58	109.20	7:04:15	3:53	4	40:01	5	40:01
Neue Ausspanne	13.80	52:52	3:49	5	5:36	5	5:36	123.00	7:57:07	3:52	4	45:37	5	45:37
Kleiner Inselsber	13.90	54:18	3:54	4	5:22	4	5:22	136.90	8:51:25	3:52	4	50:59	5	50:59
Hohe Sonne	19.70	1:14:59	3:48	7	5:51	9	5:51	156.60	10:06:24	3:52	4	56:50	5	56:50
Hörschel	14.70	55:24	3:46	4	7:05	4	7:05	171.30	11:01:48	3:51	4	1:03:55	4	1:03:55