



13. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2011

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LSV Unstrut-Hainich

□□□: 13:32:40

□□: 224

□□: 12.65 km/h

□□□□: 4:44 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 42 (of 223)

□□□□□□: 9:57:53

□□□□:

□□□□□: 34(of 142)

Männerstaffel

□□□□□□□: 9:57:53

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:19:06	4:35	58	19:53	68	19:53	17.20	1:19:06	4:35	35	19:53	51	19:53
Schildwiese	20.10	1:31:55	4:34	63	25:07	86	25:07	37.30	2:51:01	4:35	35	45:00	51	45:00
Neuhaus/ Gewerl	15.50	1:20:02	5:09	45	23:43	53	23:43	52.80	4:11:03	4:45	35	1:08:43	51	1:08:43
Masserberg	19.80	1:17:00	3:53	17	13:48	24	13:48	72.60	5:28:03	4:31	35	1:21:05	51	1:21:05
Allzunah	16.80	1:30:05	5:21	70	26:33	87	26:33	89.40	6:58:08	4:40	35	1:45:44	51	1:45:44
Grenzadler	19.80	1:34:50	4:47	50	23:00	66	23:48	109.20	8:32:58	4:41	35	2:08:44	51	2:08:44
Neue Ausspanne	13.80	1:07:40	4:54	49	20:24	56	20:24	123.00	9:40:38	4:43	34	2:29:08	50	2:29:08
Kleiner Inselsber	13.90	1:08:34	4:55	43	19:38	52	19:38	136.90	10:49:12	4:44	34	2:48:46	50	2:48:46
Hohe Sonne	19.70	1:27:48	4:27	38	18:40	49	18:40	156.60	12:17:00	4:42	34	3:07:26	50	3:07:26
Hörschel	14.70	1:15:40	5:08	67	27:21	86	27:21	171.30	13:32:40	4:44	34	3:34:47	42	3:34:47