



13. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2011

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Running Gag

□□□: 13:38:15

□□: 205

□□: 12.54 km/h

□□□□: 4:47 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 46 (of 223)

□□□□□□: 9:57:53

□□□□:

□□□□□: 37(of 142)

Männerstaffel

□□□□□□□: 9:57:53

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:26:02	5:00	97	26:49	126	26:49	17.20	1:26:02	5:00	38	26:49	56	26:49
Schildwiese	20.10	1:27:02	4:19	39	20:14	55	20:14	37.30	2:53:04	4:38	38	47:03	56	47:03
Neuhaus/ Gewerl	15.50	1:24:23	5:26	72	28:04	91	28:04	52.80	4:17:27	4:52	38	1:15:07	56	1:15:07
Masserberg	19.80	1:17:33	3:54	21	14:21	28	14:21	72.60	5:35:00	4:36	38	1:28:02	56	1:28:02
Allzunah	16.80	1:29:02	5:17	65	25:30	81	25:30	89.40	7:04:02	4:44	38	1:51:38	56	1:51:38
Grenzadler	19.80	1:26:32	4:22	13	14:42	20	15:30	109.20	8:30:34	4:40	38	2:06:20	56	2:06:20
Neue Ausspanne	13.80	1:13:50	5:21	89	26:34	108	26:34	123.00	9:44:24	4:45	37	2:32:54	55	2:32:54
Kleiner Inselsber	13.90	1:13:21	5:16	79	24:25	101	24:25	136.90	10:57:45	4:48	37	2:57:19	55	2:57:19
Hohe Sonne	19.70	1:32:52	4:42	64	23:44	81	23:44	156.60	12:30:37	4:47	37	3:21:03	55	3:21:03
Hörschel	14.70	1:07:38	4:36	26	19:19	32	19:19	171.30	13:38:15	4:46	37	3:40:22	46	3:40:22