



13. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 18.06.2011

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Gü-We Läufer

□□□: 13:47:15

□□: 194

□□: 12.40 km/h
□□□□: 4:50 min/km

□□: 171.30 km

Blankenstein-Hirschel

□□□□□: 53 (of 223)

□□□□□□: 9:57:53

□□□□:

□□□□□: 43(of 142)

Männerstaffel

□□□□□□□: 9:57:53

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:25:49	4:59	95	26:36	123	26:36	17.20	1:25:49	4:59	44	26:36	63	26:36
Schildwiese	20.10	1:34:33	4:42	78	27:45	108	27:45	37.30	3:00:22	4:50	44	54:21	63	54:21
Neuhaus/ Gewerl	15.50	1:22:23	5:18	60	26:04	72	26:04	52.80	4:22:45	4:58	44	1:20:25	63	1:20:25
Masserberg	19.80	1:36:55	4:53	104	33:43	147	33:43	72.60	5:59:40	4:57	44	1:52:42	63	1:52:42
Allzunah	16.80	1:29:27	5:19	66	25:55	83	25:55	89.40	7:29:07	5:01	44	2:16:43	63	2:16:43
Grenzadler	19.80	1:26:54	4:23	16	15:04	24	15:52	109.20	8:56:01	4:54	44	2:31:47	63	2:31:47
Neue Ausspanne	13.80	1:05:15	4:43	39	17:59	41	17:59	123.00	10:01:16	4:53	43	2:49:46	62	2:49:46
Kleiner Inselsber	13.90	1:10:06	5:02	52	21:10	63	21:10	136.90	11:11:22	4:54	43	3:10:56	62	3:10:56
Hohe Sonne	19.70	1:24:52	4:18	27	15:44	36	15:44	156.60	12:36:14	4:49	43	3:26:40	62	3:26:40
Hirschel	14.70	1:11:01	4:49	39	22:42	49	22:42	171.30	13:47:15	4:49	43	3:49:22	53	3:49:22