



13. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2011

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Erbstromtaler Schmalwaden

□□□: 13:47:58

□□: 118

□□: 12.39 km/h

□□□□: 4:50 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 55 (of 223)

□□□□□□: 9:57:53

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□□□□□: 44(of 142)

Männerstaffel

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Grumbach	17.20	1:16:47	4:27	48	17:34	58	17:34	17.20	1:16:47	4:27	45	17:34	64	17:34
Schildwiese	20.10	1:31:13	4:32	58	24:25	80	24:25	37.30	2:48:00	4:30	45	41:59	64	41:59
Neuhaus/ Gewerl	15.50	1:27:55	5:40	92	31:36	117	31:36	52.80	4:15:55	4:50	45	1:13:35	64	1:13:35
Masserberg	19.80	1:22:00	4:08	37	18:48	47	18:48	72.60	5:37:55	4:39	45	1:30:57	64	1:30:57
Allzunah	16.80	1:23:09	4:56	29	19:37	36	19:37	89.40	7:01:04	4:42	45	1:48:40	64	1:48:40
Grenzadler	19.80	1:44:48	5:17	104	32:58	149	33:46	109.20	8:45:52	4:48	45	2:21:38	64	2:21:38
Neue Ausspanne	13.80	1:01:10	4:25	24	13:54	26	13:54	123.00	9:47:02	4:46	44	2:35:32	63	2:35:32
Kleiner Inselsber	13.90	1:09:15	4:58	48	20:19	59	20:19	136.90	10:56:17	4:47	44	2:55:51	63	2:55:51
Hohe Sonne	19.70	1:38:42	5:00	93	29:34	126	29:34	156.60	12:34:59	4:49	44	3:25:25	63	3:25:25
Hörschel	14.70	1:12:59	4:57	52	24:40	64	24:40	171.30	13:47:58	4:50	44	3:50:05	55	3:50:05