



# 13. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2011

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Sport frei...!!!

□□: 166

□□: 171.30 km

Blankenstein-Hörschel

□□□□:

Männerstaffel

□□□: 13:50:47

□□: 12.35 km/h

□□□□: 4:51 min/km

□□□□□: 58 (of 223)

□□□□□□: 9:57:53

□□□□□: 47(of 142)

□□□□□□□: 9:57:53

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	
Grumbach	17.20	1:26:53	5:03	102	27:40	136	27:40	17.20	1:26:53	5:03	48	27:40	67	27:40
Schildwiese	20.10	1:38:29	4:53	91	31:41	130	31:41	37.30	3:05:22	4:58	48	59:21	67	59:21
Neuhaus/ Gewerl	15.50	1:24:22	5:26	71	28:03	90	28:03	52.80	4:29:44	5:06	48	1:27:24	67	1:27:24
Masserberg	19.80	1:27:19	4:24	68	24:07	89	24:07	72.60	5:57:03	4:55	48	1:50:05	67	1:50:05
Allzunah	16.80	1:24:41	5:02	39	21:09	47	21:09	89.40	7:21:44	4:56	48	2:09:20	67	2:09:20
Grenzadler	19.80	1:18:55	3:59	4	7:05	7	7:53	109.20	8:40:39	4:46	48	2:16:25	67	2:16:25
Neue Ausspanne	13.80	1:11:39	5:11	80	24:23	94	24:23	123.00	9:52:18	4:48	47	2:40:48	66	2:40:48
Kleiner Inselsber	13.90	1:10:48	5:05	55	21:52	67	21:52	136.90	11:03:06	4:50	47	3:02:40	66	3:02:40
Hohe Sonne	19.70	1:32:48	4:42	63	23:40	80	23:40	156.60	12:35:54	4:49	47	3:26:20	66	3:26:20
Hörschel	14.70	1:14:53	5:05	59	26:34	76	26:34	171.30	13:50:47	4:50	47	3:52:54	58	3:52:54