



13. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 18.06.2011

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Flinke Hirsche Friedrichroda

□□□: 13:51:40

□□: 120

□□: 12.34 km/h
□□□□: 4:52 min/km

□□: 171.30 km

Blankenstein-Hirschel

□□□□□: 60 (of 223)

□□□□□□: 9:57:53

□□□□:

□□□□□: 49(of 142)

Männerstaffel

□□□□□□□: 9:57:53

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:20:23	4:40	65	21:10	77	21:10	17.20	1:20:23	4:40	50	21:10	69	21:10
Schildwiese	20.10	1:33:52	4:40	74	27:04	102	27:04	37.30	2:54:15	4:40	50	48:14	69	48:14
Neuhaus/ Gewerl	15.50	1:23:02	5:21	64	26:43	79	26:43	52.80	4:17:17	4:52	50	1:14:57	69	1:14:57
Masserberg	19.80	1:26:30	4:22	63	23:18	82	23:18	72.60	5:43:47	4:44	50	1:36:49	69	1:36:49
Allzunah	16.80	1:32:29	5:30	81	28:57	103	28:57	89.40	7:16:16	4:52	50	2:03:52	69	2:03:52
Grenzdler	19.80	1:43:12	5:12	98	31:22	141	32:10	109.20	8:59:28	4:56	50	2:35:14	69	2:35:14
Neue Ausspanne	13.80	55:46	4:02	8	8:30	8	8:30	123.00	9:55:14	4:50	49	2:43:44	68	2:43:44
Kleiner Inselsber	13.90	1:12:53	5:14	75	23:57	95	23:57	136.90	11:08:07	4:52	49	3:07:41	68	3:07:41
Hohe Sonne	19.70	1:35:48	4:51	73	26:40	97	26:40	156.60	12:43:55	4:52	49	3:34:21	68	3:34:21
Hirschel	14.70	1:07:45	4:36	27	19:26	33	19:26	171.30	13:51:40	4:51	49	3:53:47	60	3:53:47