



13. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2011

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Rennsteiglaufverein I

□□□: 11:16:30

□□: 90

□□: 15.17 km/h

□□□□: 3:57 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 5 (of 223)

□□□□□□: 9:57:53

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□□□□□: 5(of 142)

Männerstaffel

□□□□□□□: 9:57:53

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:03:56	3:43	5	4:43	5	4:43	17.20	1:03:56	3:43	5	4:43	7	4:43
Schildwiese	20.10	1:12:42	3:37	4	5:54	6	5:54	37.30	2:16:38	3:39	5	10:37	7	10:37
Neuhaus/ Gewerl	15.50	1:03:34	4:06	4	7:15	4	7:15	52.80	3:20:12	3:47	5	17:52	7	17:52
Masserberg	19.80	1:23:24	4:12	44	20:12	56	20:12	72.60	4:43:36	3:54	5	36:38	7	36:38
Allzunah	16.80	1:03:32	3:46	1	-	1	-	89.40	5:47:08	3:52	5	34:44	7	34:44
Grenzadler	19.80	1:31:55	4:38	38	20:05	51	20:53	109.20	7:19:03	4:01	5	54:49	7	54:49
Neue Ausspanne	13.80	53:25	3:52	6	6:09	6	6:09	123.00	8:12:28	4:00	5	1:00:58	7	1:00:58
Kleiner Inselsber	13.90	56:39	4:04	6	7:43	6	7:43	136.90	9:09:07	4:00	5	1:08:41	7	1:08:41
Hohe Sonne	19.70	1:10:26	3:34	2	1:18	3	1:18	156.60	10:19:33	3:57	5	1:09:59	7	1:09:59
Hörschel	14.70	56:57	3:52	6	8:38	6	8:38	171.30	11:16:30	3:56	5	1:18:37	5	1:18:37