



13. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 18.06.2011

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Flessabank-Laufteam

□□□: 13:51:51

□□: 158

□□: 12.33 km/h
□□□□: 4:52 min/km

□□: 171.30 km

Blankenstein-Hirschel

□□□□□: 61 (of 223)

□□□□□□: 9:57:53

□□□□:

□□□□□: 50(of 142)

Männerstaffel

□□□□□□□: 9:57:53

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:06:53	3:53	10	7:40	11	7:40	17.20	1:06:53	3:53	51	7:40	70	7:40
Schildwiese	20.10	1:36:40	4:48	87	29:52	123	29:52	37.30	2:43:33	4:23	51	37:32	70	37:32
Neuhaus/ Gewerl	15.50	1:31:56	5:55	111	35:37	144	35:37	52.80	4:15:29	4:50	51	1:13:09	70	1:13:09
Masserberg	19.80	1:14:05	3:44	8	10:53	12	10:53	72.60	5:29:34	4:32	51	1:22:36	70	1:22:36
Allzunah	16.80	1:21:26	4:50	23	17:54	28	17:54	89.40	6:51:00	4:35	51	1:38:36	70	1:38:36
Grenzadler	19.80	1:46:44	5:23	107	34:54	153	35:42	109.20	8:37:44	4:44	51	2:13:30	70	2:13:30
Neue Ausspanne	13.80	1:16:16	5:31	96	29:00	124	29:00	123.00	9:54:00	4:49	50	2:42:30	69	2:42:30
Kleiner Inselsber	13.90	1:12:22	5:12	68	23:26	88	23:26	136.90	11:06:22	4:52	50	3:05:56	69	3:05:56
Hohe Sonne	19.70	1:35:49	4:51	74	26:41	98	26:41	156.60	12:42:11	4:52	50	3:32:37	69	3:32:37
Hirschel	14.70	1:09:40	4:44	35	21:21	44	21:21	171.30	13:51:51	4:51	50	3:53:58	61	3:53:58