



13. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2011

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Leipziger Laufteam

□□□: 14:53:56

□□: 40

□□: 11.48 km/h
□□□□: 5:13 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 108 (of 223)

□□□□□□: 9:57:53

□□□□:

□□□□□: 18(of 68)

Mixstaffel

□□□□□□□: 11:33:44

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□□□□

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□
Grumbach	17.20	1:13:33	4:16	8	6:59	38	14:20	17.20	1:13:33	4:16	44		224 14:20
Schildwiese	20.10	1:45:50	5:15	51	35:50	171	39:02	37.30	2:59:23	4:48	44		224 53:22
Neuhaus/ Gewerl	15.50	1:28:25	5:42	24	19:20	122	32:06	52.80	4:27:48	5:04	44		224 1:25:28
Masserberg	19.80	1:27:11	4:24	20	20:38	87	23:59	72.60	5:54:59	4:53	44		224 1:48:01
Allzunah	16.80	1:42:00	6:04	38	34:22	166	38:28	89.40	7:36:59	5:06	44		224 2:24:35
Grenzdler	19.80	1:36:26	4:52	19	25:24	77	25:24	109.20	9:13:25	5:04	44		224 2:49:11
Neue Ausspanne	13.80	1:28:45	6:25	54	28:58	200	41:29	123.00	10:42:10	5:13	44		223 3:30:40
Kleiner Inselsber	13.90	1:05:57	4:44	7	5:55	34	17:01	136.90	11:48:07	5:10	44		222 3:47:41
Hohe Sonne	19.70	1:48:16	5:29	50	38:44	183	39:08	156.60	13:36:23	5:12	44		222 4:26:49
Hörschel	14.70	1:17:33	5:16	19	14:31	99	29:14	171.30	14:53:56	5:13	18	3:20:12	108 4:56:03