



# 13. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2011

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Nu Pagadi

□□□: 13:58:54

□□: 217

□□: 12.23 km/h

□□□□: 4:54 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 65 (of 223)

□□□□□□: 9:57:53

□□□□:

□□□□□: 54(of 142)

Männerstaffel

□□□□□□□: 9:57:53

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	
Grumbach	17.20	1:12:27	4:12	27	13:14	31	13:14	17.20	1:12:27	4:12	55	13:14	78	13:14
Schildwiese	20.10	1:35:56	4:46	85	29:08	118	29:08	37.30	2:48:23	4:30	55	42:22	78	42:22
Neuhaus/ Gewerl	15.50	1:21:29	5:15	55	25:10	67	25:10	52.80	4:09:52	4:43	55	1:07:32	78	1:07:32
Masserberg	19.80	1:30:28	4:34	86	27:16	116	27:16	72.60	5:40:20	4:41	55	1:33:22	78	1:33:22
Allzunah	16.80	1:35:02	5:39	90	31:30	118	31:30	89.40	7:15:22	4:52	55	2:02:58	78	2:02:58
Grenzadler	19.80	1:33:38	4:43	45	21:48	59	22:36	109.20	8:49:00	4:50	55	2:24:46	78	2:24:46
Neue Ausspanne	13.80	1:08:33	4:58	56	21:17	63	21:17	123.00	9:57:33	4:51	54	2:46:03	77	2:46:03
Kleiner Inselsber	13.90	1:14:30	5:21	86	25:34	112	25:34	136.90	11:12:03	4:54	54	3:11:37	77	3:11:37
Hohe Sonne	19.70	1:31:28	4:38	52	22:20	66	22:20	156.60	12:43:31	4:52	54	3:33:57	77	3:33:57
Hörschel	14.70	1:15:23	5:07	63	27:04	81	27:04	171.30	13:58:54	4:53	54	4:01:01	65	4:01:01