



# 13. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2011

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Sportteam-STEINBACH Meiningen

□□□: 12:19:26

□□: 16

□□: 13.88 km/h

□□□□: 4:19 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 11 (of 223)

□□□□□□: 9:57:53

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□□□□□: 3(of 68)

Mixstaffel

□□□□□□□: 11:33:44

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:09:21	4:01	3	2:47	18	10:08	17.20	1:09:21	4:01	50	-	224	10:08
Schildwiese	20.10	1:11:50	3:34	2	1:50	5	5:02	37.30	2:21:11	3:47	50	-	224	15:10
Neuhaus/ Gewerl	15.50	1:09:05	4:27	1	-	6	12:46	52.80	3:30:16	3:58	50	-	224	27:56
Masserberg	19.80	1:10:02	3:32	4	3:29	8	6:50	72.60	4:40:18	3:51	50	-	224	33:20
Allzunah	16.80	1:19:33	4:44	4	11:55	24	16:01	89.40	5:59:51	4:01	50	-	224	47:27
Grenzdler	19.80	1:34:45	4:47	16	23:43	65	23:43	109.20	7:34:36	4:09	50	-	224	1:10:22
Neue Ausspanne	13.80	1:06:28	4:48	4	6:41	48	19:12	123.00	8:41:04	4:14	50	-	223	1:29:34
Kleiner Inselsber	13.90	1:05:48	4:44	6	5:46	32	16:52	136.90	9:46:52	4:17	50	-	222	1:46:26
Hohe Sonne	19.70	1:17:00	3:54	4	7:28	12	7:52	156.60	11:03:52	4:14	50	-	222	1:54:18
Hörschel	14.70	1:15:34	5:08	16	12:32	84	27:15	171.30	12:19:26	4:18	3	45:42	11	2:21:33