



13. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2011

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Sport Center Suhl

□□□: 14:00:51

□□: 214

□□: 12.20 km/h
□□□□: 4:55 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 67 (of 223)

□□□□□□: 9:57:53

□□□□:

□□□□□: 56(of 142)

Männerstaffel

□□□□□□□: 9:57:53

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:19:23	4:36	62	20:10	72	20:10	17.20	1:19:23	4:36	57	20:10	80	20:10
Schildwiese	20.10	1:37:04	4:49	88	30:16	124	30:16	37.30	2:56:27	4:43	57	50:26	80	50:26
Neuhaus/ Gewerl	15.50	1:22:59	5:21	63	26:40	78	26:40	52.80	4:19:26	4:54	57	1:17:06	80	1:17:06
Masserberg	19.80	1:21:26	4:06	35	18:14	44	18:14	72.60	5:40:52	4:41	57	1:33:54	80	1:33:54
Allzunah	16.80	1:32:09	5:29	78	28:37	100	28:37	89.40	7:13:01	4:50	57	2:00:37	80	2:00:37
Grenzadler	19.80	1:38:26	4:58	69	26:36	96	27:24	109.20	8:51:27	4:52	57	2:27:13	80	2:27:13
Neue Ausspanne	13.80	1:07:58	4:55	53	20:42	60	20:42	123.00	9:59:25	4:52	56	2:47:55	79	2:47:55
Kleiner Inselsber	13.90	1:08:56	4:57	45	20:00	55	20:00	136.90	11:08:21	4:52	56	3:07:55	79	3:07:55
Hohe Sonne	19.70	1:40:59	5:07	104	31:51	144	31:51	156.60	12:49:20	4:54	56	3:39:46	79	3:39:46
Hörschel	14.70	1:11:31	4:51	44	23:12	54	23:12	171.30	14:00:51	4:54	56	4:02:58	67	4:02:58