



# 13. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 18.06.2011

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LTV Erfurt 1

□□□: 15:04:21

□□: 8

□□: 11.35 km/h  
□□□□: 5:17 min/km

□□: 171.30 km

Blankenstein-Hirschel

□□□□□: 120 (of 223)

□□□□□□: 9:57:53

□□□□:

□□□□□: 4(of 13)

Frauenstaffel

□□□□□□□: 13:39:23

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:28:08	5:07	3	14:34	148	28:55	17.20	1:28:08	5:07	4	14:34	224	28:55
Schildwiese	20.10	1:25:35	4:15	1	-	42	18:47	37.30	2:53:43	4:39	4	5:58	224	47:42
Neuhaus/ Gewerl	15.50	1:36:09	6:12	7	23:30	175	39:50	52.80	4:29:52	5:06	4	29:28	224	1:27:32
Masserberg	19.80	1:30:32	4:34	2	0:09	117	27:20	72.60	6:00:24	4:57	4	27:41	224	1:53:26
Allzunah	16.80	1:30:41	5:23	2	16:02	92	27:09	89.40	7:31:05	5:02	4	43:43	224	2:18:41
Grenzdler	19.80	2:02:51	6:12	11	24:58	205	51:49	109.20	9:33:56	5:15	4	1:06:13	224	3:09:42
Neue Ausspanne	13.80	1:11:25	5:10	4	4:03	92	24:09	123.00	10:45:21	5:14	4	1:08:54	161	3:33:51
Kleiner Inselsber	13.90	1:14:51	5:23	4	5:52	113	25:55	136.90	12:00:12	5:15	4	1:14:46	222	3:59:46
Hohe Sonne	19.70	1:37:35	4:57	3	5:25	114	28:27	156.60	13:37:47	5:13	4	1:09:00	222	4:28:13
Hirschel	14.70	1:26:34	5:53	9	15:58	165	38:15	171.30	15:04:21	5:16	4	1:24:58	120	5:06:28