



13. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2011

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Döllberggemsen

□□□: 14:07:39

□□: 209

□□: 12.10 km/h

□□□□: 4:57 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 72 (of 223)

□□□□□□: 9:57:53

□□□□:

□□□□□: 59(of 142)

Männerstaffel

□□□□□□□: 9:57:53

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:11:02	4:07	19	11:49	23	11:49	17.20	1:11:02	4:07	27	11:49	41	11:49
Schildwiese	20.10	1:15:10	3:44	6	8:22	8	8:22	37.30	2:26:12	3:55	60	20:11	86	20:11
Neuhaus/ Gewerl	15.50	1:31:48	5:55	109	35:29	142	35:29	52.80	3:58:00	4:30	60	55:40	86	55:40
Masserberg	19.80	1:28:15	4:27	70	25:03	94	25:03	72.60	5:26:15	4:29	60	1:19:17	86	1:19:17
Allzunah	16.80	1:29:40	5:20	69	26:08	86	26:08	89.40	6:55:55	4:39	60	1:43:31	86	1:43:31
Grenzadler	19.80	1:39:07	5:00	73	27:17	102	28:05	109.20	8:35:02	4:42	60	2:10:48	86	2:10:48
Neue Ausspanne	13.80	1:29:04	6:27	135	41:48	201	41:48	123.00	10:04:06	4:54	59	2:52:36	85	2:52:36
Kleiner Inselsber	13.90	1:10:56	5:06	56	22:00	68	22:00	136.90	11:15:02	4:55	59	3:14:36	85	3:14:36
Hohe Sonne	19.70	1:22:13	4:10	15	13:05	22	13:05	156.60	12:37:15	4:50	59	3:27:41	85	3:27:41
Hörschel	14.70	1:30:24	6:08	123	42:05	178	42:05	171.30	14:07:39	4:56	59	4:09:46	72	4:09:46