



13. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 18.06.2011

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Holzland 10-er

□□□: 14:08:27

□□: 112

□□: 12.09 km/h

□□□□: 4:57 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 75 (of 223)

□□□□□□: 9:57:53

□□□□:

□□□□□: 61(of 142)

Männerstaffel

□□□□□□□: 9:57:53

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Grumbach	17.20	1:17:11	4:29	49	17:58	59	17:58	17.20	1:17:11	4:29	62	17:58	88	17:58
Schildwiese	20.10	1:24:47	4:13	25	17:59	37	17:59	37.30	2:41:58	4:20	62	35:57	88	35:57
Neuhaus/ Gewerl	15.50	1:25:14	5:29	76	28:55	96	28:55	52.80	4:07:12	4:40	62	1:04:52	88	1:04:52
Masserberg	19.80	1:26:25	4:21	62	23:13	80	23:13	72.60	5:33:37	4:35	62	1:26:39	88	1:26:39
Allzunah	16.80	1:30:16	5:22	72	26:44	89	26:44	89.40	7:03:53	4:44	62	1:51:29	88	1:51:29
Grenzadler	19.80	1:40:40	5:05	84	28:50	118	29:38	109.20	8:44:33	4:48	62	2:20:19	88	2:20:19
Neue Ausspanne	13.80	1:20:47	5:51	116	33:31	160	33:31	123.00	10:05:20	4:55	61	2:53:50	87	2:53:50
Kleiner Inselsber	13.90	1:11:07	5:06	57	22:11	71	22:11	136.90	11:16:27	4:56	61	3:16:01	87	3:16:01
Hohe Sonne	19.70	1:30:37	4:35	49	21:29	62	21:29	156.60	12:47:04	4:53	61	3:37:30	87	3:37:30
Hörschel	14.70	1:21:23	5:32	94	33:04	126	33:04	171.30	14:08:27	4:57	61	4:10:34	75	4:10:34