



13. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 18.06.2011

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Sandhasenexpress Benshausen

□□□: 14:14:43

□□: 137

□□: 12.00 km/h

□□□□: 4:59 min/km

□□: 171.30 km

Blankenstein-Hirschel

□□□□□: 78 (of 223)

□□□□□□: 9:57:53

□□□□:

□□□□□: 64(of 142)

Männerstaffel

□□□□□□□: 9:57:53

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:30:56	5:17	116	31:43	167	31:43	17.20	1:30:56	5:17	65	31:43	93	31:43
Schildwiese	20.10	1:26:05	4:16	33	19:17	47	19:17	37.30	2:57:01	4:44	65	51:00	93	51:00
Neuhaus/ Gewerl	15.50	1:13:13	4:43	12	16:54	16	16:54	52.80	4:10:14	4:44	65	1:07:54	93	1:07:54
Masserberg	19.80	1:39:46	5:02	114	36:34	163	36:34	72.60	5:50:00	4:49	65	1:43:02	93	1:43:02
Allzunah	16.80	1:37:28	5:48	99	33:56	131	33:56	89.40	7:27:28	5:00	65	2:15:04	93	2:15:04
Grenzdler	19.80	1:35:34	4:49	56	23:44	74	24:32	109.20	9:03:02	4:58	65	2:38:48	93	2:38:48
Neue Ausspanne	13.80	58:00	4:12	12	10:44	12	10:44	123.00	10:01:02	4:53	64	2:49:32	92	2:49:32
Kleiner Inselsber	13.90	1:23:32	6:00	122	34:36	176	34:36	136.90	11:24:34	5:00	64	3:24:08	92	3:24:08
Hohe Sonne	19.70	1:34:34	4:48	69	25:26	90	25:26	156.60	12:59:08	4:58	64	3:49:34	92	3:49:34
Hirschel	14.70	1:15:35	5:08	66	27:16	85	27:16	171.30	14:14:43	4:59	64	4:16:50	78	4:16:50