



14. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 16.06.2012

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Thinking of you - Heiko

□□□: 14:41:50

□□: 58

□□: 11.63 km/h

□□□□: 5:09 min/km

□□: 171.10 km

Blankenstein-Hörschel

□□□□□: 81 (of 236)

□□□□□□: 10:23:23

□□□□:

□□□□□: 65(of 149)

Männerstaffel

□□□□□□□: 10:23:23

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.50	1:27:25	4:59	76	24:51	100	24:51	17.50	1:27:25	4:59	67	24:51	100	24:51
Schildwiese	19.80	1:40:00	5:03	93	32:38	132	32:38	37.30	3:07:25	5:01	67	57:29	100	57:29
Neuhaus	16.50	1:52:10	6:47	148	53:07	224	53:07	53.80	4:59:35	5:34	67	1:45:48	100	1:45:48
Masserberg	18.10	1:34:42	5:13	97	38:02	131	38:02	71.90	6:34:17	5:29	67	2:16:05	100	2:16:05
Allzunah	17.20	1:28:41	5:09	37	23:18	48	23:18	89.10	8:02:58	5:25	67	2:39:23	100	2:39:23
Grenzdler	20.00	1:37:08	4:51	65	26:46	85	26:46	109.10	9:40:06	5:19	67	2:59:07	100	2:59:07
Neue Ausspanne	13.90	1:12:44	5:13	94	24:17	111	24:17	123.00	10:52:50	5:18	67	3:22:04	100	3:22:04
Kleiner Inselsber	14.00	1:05:52	4:42	34	16:04	41	16:04	137.00	11:58:42	5:14	67	3:37:25	100	3:37:25
Hohe Sonne	19.40	1:27:20	4:30	36	19:31	47	19:31	156.40	13:26:02	5:09	67	3:56:56	100	3:56:56
Hörschel	14.70	1:15:48	5:09	68	27:19	87	27:19	171.10	14:41:50	5:09	66	4:18:27	82	4:18:27