



14. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 16.06.2012

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Quark-Sahne Team

□□□: 14:44:24

□□: 219

□□: 11.60 km/h

□□□□: 5:10 min/km

□□: 171.10 km

Blankenstein-Hörschel

□□□□□: 83 (of 236)

□□□□□□: 10:23:23

□□□□:

□□□□□: 67(of 149)

Männerstaffel

□□□□□□□: 10:23:23

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.50	1:36:16	5:30	118	33:42	173	33:42	17.50	1:36:16	5:30	69	33:42	102	33:42
Schildwiese	19.80	1:30:09	4:33	45	22:47	60	22:47	37.30	3:06:25	4:59	69	56:29	102	56:29
Neuhaus	16.50	1:49:28	6:38	145	50:25	217	50:25	53.80	4:55:53	5:29	69	1:42:06	102	1:42:06
Masserberg	18.10	1:25:25	4:43	44	28:45	57	28:45	71.90	6:21:18	5:18	69	2:03:06	102	2:03:06
Allzunah	17.20	1:30:41	5:16	54	25:18	67	25:18	89.10	7:51:59	5:17	69	2:28:24	102	2:28:24
Grenzadler	20.00	1:49:44	5:29	123	39:22	171	39:22	109.10	9:41:43	5:19	69	3:00:44	102	3:00:44
Neue Ausspanne	13.90	1:09:40	5:00	77	21:13	85	21:13	123.00	10:51:23	5:17	69	3:20:37	102	3:20:37
Kleiner Inselsber	14.00	1:09:54	4:59	48	20:06	63	20:06	137.00	12:01:17	5:15	69	3:40:00	102	3:40:00
Hohe Sonne	19.40	1:27:04	4:29	35	19:15	45	19:15	156.40	13:28:21	5:10	69	3:59:15	102	3:59:15
Hörschel	14.70	1:16:03	5:10	69	27:34	88	27:34	171.10	14:44:24	5:10	68	4:21:01	84	4:21:01