



14. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 16.06.2012

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SG Motor-Lauftreff Alteburg Arnstadt □□□: 15:10:24

□□: 203

□□: 171.10 km

Blankenstein-Hörschel

□□□□:

Männerstaffel

□□: 11.27 km/h

□□□□: 5:19 min/km

□□□□□: 114 (of 236)

□□□□□□: 10:23:23

□□□□□: 93(of 149)

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Grumbach	17.50	1:31:02	5:12	97	28:28	135	28:28	17.50	1:31:02	5:12	92	28:28	134	28:28
Schildwiese	19.80	1:59:36	6:02	144	52:14	223	52:14	37.30	3:30:38	5:38	92	1:20:42	134	1:20:42
Neuhaus	16.50	1:45:07	6:22	139	46:04	206	46:04	53.80	5:15:45	5:52	92	2:01:58	134	2:01:58
Masserberg	18.10	1:32:41	5:07	76	36:01	104	36:01	71.90	6:48:26	5:40	92	2:30:14	134	2:30:14
Allzunah	17.20	1:33:16	5:25	69	27:53	85	27:53	89.10	8:21:42	5:37	92	2:58:07	134	2:58:07
Grenzdler	20.00	1:43:30	5:10	96	33:08	134	33:08	109.10	10:05:12	5:32	92	3:24:13	134	3:24:13
Neue Ausspanne	13.90	1:11:29	5:08	87	23:02	98	23:02	123.00	11:16:41	5:30	92	3:45:55	134	3:45:55
Kleiner Inselsber	14.00	1:13:36	5:15	69	23:48	90	23:48	137.00	12:30:17	5:28	92	4:09:00	134	4:09:00
Hohe Sonne	19.40	1:28:09	4:32	41	20:20	52	20:20	156.40	13:58:26	5:21	92	4:29:20	134	4:29:20
Hörschel	14.70	1:11:58	4:53	49	23:29	58	23:29	171.10	15:10:24	5:19	94	4:47:01	115	4:47:01