



14. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 16.06.2012

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Ernstroda-Projekt Herz Kind

□□□: 16:17:54

□□: 67

□□: 10.49 km/h
□□□□: 5:43 min/km

□□: 171.10 km

Blankenstein-Hörschel

□□□□□: 181 (of 236)

□□□□□□: 10:23:23

□□□□:

□□□□□: 39(of 72)

Mixstaffel

□□□□□□□: 11:49:57

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.50	1:19:00	4:30	8	10:48	42	16:26	17.50	1:19:00	4:30	16		237	16:26
Schildwiese	19.80	1:55:03	5:48	63	40:22	207	47:41	37.30	3:14:03	5:12	16		237	1:04:07
Neuhaus	16.50	1:51:13	6:44	61	41:19	222	52:10	53.80	5:05:16	5:40	16		237	1:51:29
Masserberg	18.10	1:38:02	5:24	34	29:31	153	41:22	71.90	6:43:18	5:36	16		237	2:25:06
Allzunah	17.20	1:49:20	6:21	38	39:18	170	43:57	89.10	8:32:38	5:45	16		237	3:09:03
Grenzdler	20.00	1:49:30	5:28	41	37:57	170	39:08	109.10	10:22:08	5:42	16		223	3:41:09
Neue Ausspanne	13.90	1:39:09	7:07	69	37:50	230	50:42	123.00	12:01:17	5:51	16		237	4:30:31
Kleiner Inselsber	14.00	1:13:35	5:15	16	15:36	89	23:47	137.00	13:14:52	5:48	16		237	4:53:35
Hohe Sonne	19.40	1:49:12	5:37	58	38:26	202	41:23	156.40	15:04:04	5:46	16		237	5:34:58
Hörschel	14.70	1:13:50	5:01	11	9:47	66	25:21	171.10	16:17:54	5:42	40	4:27:57	183	5:54:31