



14. Rennsteig-Staffellauf

Blankenstein bis Hürschel / 16.06.2012

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Freies Schulzentrum Herbsleben

□□□: 15:38:07

□□: 230

□□: 10.94 km/h

□□□□: 5:29 min/km

□□: 171.10 km

Blankenstein-Hürschel

□□□□□: 146 (of 236)

□□□□□□: 10:23:23

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□□□□□: 114(of 149)

Männerstaffel

□□□□□□□: 10:23:23

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.50	1:27:26	4:59	77	24:52	101	24:52	17.50	1:27:26	4:59	115	24:52	168	24:52
Schildwiese	19.80	1:57:35	5:56	136	50:13	212	50:13	37.30	3:25:01	5:29	115	1:15:05	168	1:15:05
Neuhaus	16.50	1:26:47	5:15	74	27:44	94	27:44	53.80	4:51:48	5:25	115	1:38:01	168	1:38:01
Masserberg	18.10	1:47:43	5:57	131	51:03	195	51:03	71.90	6:39:31	5:33	115	2:21:19	168	2:21:19
Allzunah	17.20	1:29:37	5:12	43	24:14	55	24:14	89.10	8:09:08	5:29	115	2:45:33	168	2:45:33
Grenzdler	20.00	1:59:59	5:59	139	49:37	204	49:37	109.10	10:09:07	5:34	115	3:28:08	168	3:28:08
Neue Ausspanne	13.90	1:08:55	4:57	70	20:28	77	20:28	123.00	11:18:02	5:30	115	3:47:16	168	3:47:16
Kleiner Inselsber	14.00	1:15:26	5:23	80	25:38	105	25:38	137.00	12:33:28	5:29	115	4:12:11	168	4:12:11
Hohe Sonne	19.40	1:54:05	5:52	142	46:16	222	46:16	156.40	14:27:33	5:32	115	4:58:27	168	4:58:27
Hürschel	14.70	1:10:34	4:48	42	22:05	50	22:05	171.10	15:38:07	5:28	115	5:14:44	147	5:14:44