



14. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 16.06.2012

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Hainichflitzer

□□□: 16:51:51

□□: 71

□□: 10.14 km/h
□□□□: 5:55 min/km

□□: 171.10 km

Blankenstein-Hörschel

□□□□□: 208 (of 236)

□□□□□□: 10:23:23

□□□□:

□□□□□: 57(of 72)

Mixstaffel

□□□□□□□: 11:49:57

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Grumbach | 17.50 | 1:47:35 | 6:08 | 64 | 39:23 | 218 | 45:01 | 17.50 | 1:47:35 | 6:08 | 34 | 11:21 | 237 | 45:01 |
| Schildwiese | 19.80 | 1:43:32 | 5:13 | 43 | 28:51 | 155 | 36:10 | 37.30 | 3:31:07 | 5:39 | 34 | | 237 | 1:21:11 |
| Neuhaus | 16.50 | 1:41:10 | 6:07 | 49 | 31:16 | 192 | 42:07 | 53.80 | 5:12:17 | 5:48 | 34 | | 237 | 1:58:30 |
| Masserberg | 18.10 | 1:54:38 | 6:19 | 65 | 46:07 | 216 | 57:58 | 71.90 | 7:06:55 | 5:56 | 34 | 8:20 | 237 | 2:48:43 |
| Allzunah | 17.20 | 1:49:48 | 6:23 | 39 | 39:46 | 177 | 44:25 | 89.10 | 8:56:43 | 6:01 | 34 | | 237 | 3:33:08 |
| Grenzadler | 20.00 | 2:03:13 | 6:09 | 64 | 51:40 | 216 | 52:51 | 109.10 | 10:59:56 | 6:02 | 34 | | 237 | 4:18:57 |
| Neue Ausspanne | 13.90 | 1:31:21 | 6:34 | 59 | 30:02 | 215 | 42:54 | 123.00 | 12:31:17 | 6:06 | 34 | 0:58 | 237 | 5:00:31 |
| Kleiner Inselsber | 14.00 | 1:28:38 | 6:19 | 50 | 30:39 | 198 | 38:50 | 137.00 | 13:59:55 | 6:07 | 34 | 5:09 | 237 | 5:38:38 |
| Hohe Sonne | 19.40 | 1:36:50 | 4:59 | 29 | 26:04 | 120 | 29:01 | 156.40 | 15:36:45 | 5:59 | 34 | 9:05 | 237 | 6:07:39 |
| Hörschel | 14.70 | 1:15:06 | 5:06 | 14 | 11:03 | 81 | 26:37 | 171.10 | 16:51:51 | 5:54 | 58 | 5:01:54 | 210 | 6:28:28 |