



14. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 16.06.2012

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sc impuls erfurt 1

□□□: 12:56:01

□□: 100

□□: 13.22 km/h

□□□□: 4:32 min/km

□□: 171.10 km

Blankenstein-Hirschel

□□□□□: 19 (of 236)

□□□□□□: 10:23:23

□□□□:

□□□□□: 14(of 149)

Männerstaffel

□□□□□□: 10:23:23

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.50	1:09:27	3:58	5	6:53	7	6:53	17.50	1:09:27	3:58	14	6:53	21	6:53
Schildwiese	19.80	1:18:25	3:57	10	11:03	11	11:03	37.30	2:27:52	3:57	14	17:56	21	17:56
Neuhaus	16.50	1:06:23	4:01	6	7:20	6	7:20	53.80	3:34:15	3:58	14	20:28	21	20:28
Masserberg	18.10	1:31:41	5:03	69	35:01	94	35:01	71.90	5:05:56	4:15	14	47:44	21	47:44
Allzunah	17.20	1:34:56	5:31	74	29:33	91	29:33	89.10	6:40:52	4:29	14	1:17:17	21	1:17:17
Grenzdler	20.00	1:31:33	4:34	40	21:11	53	21:11	109.10	8:12:25	4:30	14	1:31:26	21	1:31:26
Neue Ausspanne	13.90	57:05	4:06	12	8:38	12	8:38	123.00	9:09:30	4:28	14	1:38:44	21	1:38:44
Kleiner Inselsber	14.00	1:00:03	4:17	13	10:15	14	10:15	137.00	10:09:33	4:26	14	1:48:16	21	1:48:16
Hohe Sonne	19.40	1:36:27	4:58	82	28:38	113	28:38	156.40	11:46:00	4:30	14	2:16:54	21	2:16:54
Hirschel	14.70	1:10:01	4:45	36	21:32	43	21:32	171.10	12:56:01	4:32	14	2:32:38	19	2:32:38