



14. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 16.06.2012

□□□□

Kriechströme

□□□: 19:43:37

□□: 36

□□: 8.67 km/h

□□□□: 6:55 min/km

□□: 171.10 km

Blankenstein-Hörschel

□□□□□: 233 (of 236)

□□□□□□: 10:23:23

□□□□:

□□□□□: 70(of 72)

Mixstaffel

□□□□□□□: 11:49:57

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□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.50	2:05:31	7:10	70	57:19	234	1:02:57	17.50	2:05:31	7:10	23	29:17	237	1:02:57
Schildwiese	19.80	2:33:27	7:44	72	1:18:46	236	1:26:05	37.30	4:38:58	7:28	23	55:43	237	2:29:02
Neuhaus	16.50	2:40:43	9:44	71	1:30:49	235	1:41:40	53.80	7:19:41	8:10	23	1:51:59	237	4:05:54
Masserberg	18.10	1:45:06	5:48	51	36:35	183	48:26	71.90	9:04:47	7:34	23	2:06:12	237	4:46:35
Allzunah	17.20	1:58:40	6:53	56	48:38	210	53:17	89.10	11:03:27	7:26	23	2:00:01	237	5:39:52
Grenzdler	20.00	2:17:53	6:53	71	1:06:20	233	1:07:31	109.10	13:21:20	7:20	23	2:07:50	237	6:40:21
Neue Ausspanne	13.90	1:37:13	6:59	66	35:54	227	48:46	123.00	14:58:33	7:18	23	2:28:14	237	7:27:47
Kleiner Inselsber	14.00	1:20:08	5:43	27	22:09	136	30:20	137.00	16:18:41	7:08	23	2:23:55	237	7:57:24
Hohe Sonne	19.40	1:58:22	6:06	67	47:36	228	50:33	156.40	18:17:03	7:00	23	2:49:23	237	8:47:57
Hörschel	14.70	1:26:34	5:53	42	22:31	168	38:05	171.10	19:43:37	6:55	71	7:53:40	235	9:20:14