



14. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 16.06.2012

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Sport Luck Frauen

□□□: 14:19:20

□□: 1

□□: 11.94 km/h
□□□□: 5:01 min/km

□□: 171.10 km

Blankenstein-Hörschel

□□□□□: 61 (of 236)

□□□□□□: 10:23:23

□□□□:

□□□□□: 4(of 15)

Frauenstaffel

□□□□□□□: 12:49:50

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.50	1:17:27	4:25	2	5:53	29	14:53	17.50	1:17:27	4:25	4	5:53	51	14:53
Schildwiese	19.80	1:30:10	4:33	3	5:35	61	22:48	37.30	2:47:37	4:29	4	11:28	237	37:41
Neuhaus	16.50	1:28:13	5:20	5	15:29	102	29:10	53.80	4:15:50	4:45	4	21:54	237	1:02:03
Masserberg	18.10	1:30:48	5:00	5	13:23	88	34:08	71.90	5:46:38	4:49	4	35:17	237	1:28:26
Allzunah	17.20	1:38:33	5:43	5	12:18	115	33:10	89.10	7:25:11	4:59	4	47:35	237	2:01:36
Grenzdler	20.00	1:44:39	5:13	6	17:07	138	34:17	109.10	9:09:50	5:02	4	1:03:18	237	2:28:51
Neue Ausspanne	13.90	1:04:44	4:39	2	4:19	44	16:17	123.00	10:14:34	4:59	4	1:07:37	237	2:43:48
Kleiner Inselsber	14.00	1:08:48	4:54	3	3:03	57	19:00	137.00	11:23:22	4:59	4	1:10:40	237	3:02:05
Hohe Sonne	19.40	1:42:06	5:15	8	19:53	163	34:17	156.40	13:05:28	5:01	4	1:30:33	237	3:36:22
Hörschel	14.70	1:13:52	5:01	2	8:58	67	25:23	171.10	14:19:20	5:01	4	1:29:30	61	3:55:57