



# 14. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 16.06.2012

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Rennsteiglaufteam 600 plus

□□□: 13:22:45

□□: 240

□□: 12.78 km/h

□□□□: 4:41 min/km

□□: 171.10 km

Blankenstein-Hörschel

□□□□□: 28 (of 236)

□□□□□□: 10:23:23

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□□□□□: 23(of 149)

Männerstaffel

□□□□□□□: 10:23:23

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.50	1:11:36	4:05	7	9:02	10	9:02	17.50	1:11:36	4:05	23	9:02	37	9:02
Schildwiese	19.80	1:45:41	5:20	110	38:19	166	38:19	37.30	2:57:17	4:45	23	47:21	37	47:21
Neuhaus	16.50	1:17:07	4:40	29	18:04	34	18:04	53.80	4:14:24	4:43	23	1:00:37	37	1:00:37
Masserberg	18.10	1:28:28	4:53	56	31:48	73	31:48	71.90	5:42:52	4:46	23	1:24:40	37	1:24:40
Allzunah	17.20	1:19:32	4:37	15	14:09	20	14:09	89.10	7:02:24	4:44	23	1:38:49	37	1:38:49
Grenzdler	20.00	1:31:03	4:33	37	20:41	50	20:41	109.10	8:33:27	4:42	23	1:52:28	37	1:52:28
Neue Ausspanne	13.90	1:00:43	4:22	22	12:16	23	12:16	123.00	9:34:10	4:40	23	2:03:24	37	2:03:24
Kleiner Inselsber	14.00	1:04:26	4:36	24	14:38	29	14:38	137.00	10:38:36	4:39	23	2:17:19	37	2:17:19
Hohe Sonne	19.40	1:29:43	4:37	54	21:54	68	21:54	156.40	12:08:19	4:39	23	2:39:13	37	2:39:13
Hörschel	14.70	1:14:26	5:03	61	25:57	74	25:57	171.10	13:22:45	4:41	23	2:59:22	28	2:59:22