



# 14. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 16.06.2012

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Sangerhäuser Rosenflitzer

□□□: 13:34:52

□□: 164

□□: 12.59 km/h

□□□□: 4:46 min/km

□□: 171.10 km

Blankenstein-Hörschel

□□□□□: 32 (of 236)

□□□□□□: 10:23:23

□□□□:

□□□□□: 26(of 149)

Männerstaffel

□□□□□□□: 10:23:23

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Grumbach	17.50	1:12:12	4:07	10	9:38	14	9:38	17.50	1:12:12	4:07	26	9:38	40	9:38
Schildwiese	19.80	1:52:05	5:39	127	44:43	196	44:43	37.30	3:04:17	4:56	26	54:21	40	54:21
Neuhaus	16.50	1:12:24	4:23	15	13:21	17	13:21	53.80	4:16:41	4:46	26	1:02:54	40	1:02:54
Masserberg	18.10	1:20:50	4:27	19	24:10	30	24:10	71.90	5:37:31	4:41	26	1:19:19	40	1:19:19
Allzunah	17.20	1:23:01	4:49	23	17:38	29	17:38	89.10	7:00:32	4:43	26	1:36:57	40	1:36:57
Grenzdler	20.00	1:33:53	4:41	50	23:31	67	23:31	109.10	8:34:25	4:42	26	1:53:26	40	1:53:26
Neue Ausspanne	13.90	1:08:54	4:57	69	20:27	76	20:27	123.00	9:43:19	4:44	26	2:12:33	40	2:12:33
Kleiner Inselsber	14.00	1:08:29	4:53	45	18:41	55	18:41	137.00	10:51:48	4:45	26	2:30:31	40	2:30:31
Hohe Sonne	19.40	1:29:09	4:35	49	21:20	62	21:20	156.40	12:20:57	4:44	26	2:51:51	40	2:51:51
Hörschel	14.70	1:13:55	5:01	55	25:26	68	25:26	171.10	13:34:52	4:45	26	3:11:29	32	3:11:29