



# 14. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 16.06.2012

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Gehlberger Waldstrolche 1

□□□: 13:39:22

□□: 126

□□: 12.52 km/h

□□□□: 4:47 min/km

□□: 171.10 km

Blankenstein-Hörschel

□□□□□: 37 (of 236)

□□□□□□: 10:23:23

□□□□:

□□□□□: 30(of 149)

Männerstaffel

□□□□□□□: 10:23:23

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.50	1:20:58	4:37	41	18:24	53	18:24	17.50	1:20:58	4:37	30	18:24	46	18:24
Schildwiese	19.80	1:19:15	4:00	12	11:53	14	11:53	37.30	2:40:13	4:17	30	30:17	46	30:17
Neuhaus	16.50	1:15:55	4:36	24	16:52	29	16:52	53.80	3:56:08	4:23	30	42:21	46	42:21
Masserberg	18.10	1:24:14	4:39	39	27:34	52	27:34	71.90	5:20:22	4:27	30	1:02:10	46	1:02:10
Allzunah	17.20	1:31:27	5:19	58	26:04	71	26:04	89.10	6:51:49	4:37	30	1:28:14	46	1:28:14
Grenzdler	20.00	1:32:34	4:37	42	22:12	57	22:12	109.10	8:24:23	4:37	30	1:43:24	46	1:43:24
Neue Ausspanne	13.90	1:13:16	5:16	99	24:49	117	24:49	123.00	9:37:39	4:41	30	2:06:53	46	2:06:53
Kleiner Inselsber	14.00	1:01:37	4:24	15	11:49	17	11:49	137.00	10:39:16	4:39	30	2:17:59	46	2:17:59
Hohe Sonne	19.40	1:17:32	3:59	10	9:43	12	9:43	156.40	11:56:48	4:34	30	2:27:42	46	2:27:42
Hörschel	14.70	1:42:34	6:58	146	54:05	224	54:05	171.10	13:39:22	4:47	30	3:15:59	37	3:15:59