



14. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 16.06.2012

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Wasserturmexpress

□□□: 14:15:58

□□: 175

□□: 11.99 km/h

□□□□: 5:00 min/km

□□: 171.10 km

Blankenstein-Hörschel

□□□□□: 58 (of 236)

□□□□□□: 10:23:23

□□□□:

□□□□□: 45(of 149)

Männerstaffel

□□□□□□□: 10:23:23

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.50	1:37:27	5:34	125	34:53	182	34:53	17.50	1:37:27	5:34	46	34:53	69	34:53
Schildwiese	19.80	1:29:09	4:30	37	21:47	52	21:47	37.30	3:06:36	5:00	46	56:40	69	56:40
Neuhaus	16.50	1:14:07	4:29	18	15:04	21	15:04	53.80	4:20:43	4:50	46	1:06:56	69	1:06:56
Masserberg	18.10	1:25:22	4:42	42	28:42	55	28:42	71.90	5:46:05	4:48	46	1:27:53	69	1:27:53
Allzunah	17.20	1:32:12	5:21	63	26:49	76	26:49	89.10	7:18:17	4:55	46	1:54:42	69	1:54:42
Grenzdler	20.00	1:29:23	4:28	27	19:01	38	19:01	109.10	8:47:40	4:50	46	2:06:41	69	2:06:41
Neue Ausspanne	13.90	1:08:28	4:55	65	20:01	72	20:01	123.00	9:56:08	4:50	46	2:25:22	69	2:25:22
Kleiner Inselsber	14.00	1:20:53	5:46	107	31:05	146	31:05	137.00	11:17:01	4:56	46	2:55:44	69	2:55:44
Hohe Sonne	19.40	1:41:42	5:14	110	33:53	159	33:53	156.40	12:58:43	4:58	46	3:29:37	69	3:29:37
Hörschel	14.70	1:17:15	5:15	78	28:46	98	28:46	171.10	14:15:58	5:00	45	3:52:35	58	3:52:35