



14. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 16.06.2012

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ilmrunners

□□□: 14:17:07

□□: 212

□□: 11.97 km/h

□□□□: 5:01 min/km

□□: 171.10 km

Blankenstein-Hörschel

□□□□□: 59 (of 236)

□□□□□□: 10:23:23

□□□□:

□□□□□: 46(of 149)

Männerstaffel

□□□□□□□: 10:23:23

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.50	1:19:33	4:32	34	16:59	45	16:59	17.50	1:19:33	4:32	47	16:59	70	16:59
Schildwiese	19.80	1:30:03	4:32	44	22:41	59	22:41	37.30	2:49:36	4:32	47	39:40	70	39:40
Neuhaus	16.50	1:45:18	6:22	140	46:15	207	46:15	53.80	4:34:54	5:06	47	1:21:07	70	1:21:07
Masserberg	18.10	1:41:08	5:35	118	44:28	167	44:28	71.90	6:16:02	5:13	47	1:57:50	70	1:57:50
Allzunah	17.20	1:28:37	5:09	36	23:14	47	23:14	89.10	7:44:39	5:12	47	2:21:04	70	2:21:04
Grenzdler	20.00	1:25:26	4:16	17	15:04	22	15:04	109.10	9:10:05	5:02	47	2:29:06	70	2:29:06
Neue Ausspanne	13.90	1:10:09	5:02	79	21:42	87	21:42	123.00	10:20:14	5:02	47	2:49:28	70	2:49:28
Kleiner Inselsber	14.00	1:22:15	5:52	113	32:27	155	32:27	137.00	11:42:29	5:07	47	3:21:12	70	3:21:12
Hohe Sonne	19.40	1:20:31	4:09	14	12:42	18	12:42	156.40	13:03:00	5:00	47	3:33:54	70	3:33:54
Hörschel	14.70	1:14:07	5:02	56	25:38	69	25:38	171.10	14:17:07	5:00	46	3:53:44	59	3:53:44