



# 14. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 16.06.2012

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SSV Erfurt02 Mix

□□□: 15:25:45

□□: 79

□□: 11.08 km/h  
□□□□: 5:25 min/km

□□: 171.10 km

Blankenstein-Hörschel

□□□□□: 130 (of 236)

□□□□□□: 10:23:23

□□□□:

□□□□□: 20(of 72)

Mixstaffel

□□□□□□□: 11:49:57

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□□□□

□□□

| □□□               | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ | □□□    | □□□      | □□□  | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Grumbach          | 17.50    | 1:33:59  | 5:22         | 41      | 25:47   | 155       | 31:25     | 17.50  | 1:33:59  | 5:22 | 72      |         | 237       | 31:25     |
| Schildwiese       | 19.80    | 1:45:06  | 5:18         | 47      | 30:25   | 162       | 37:44     | 37.30  | 3:19:05  | 5:20 | 72      |         | 237       | 1:09:09   |
| Neuhaus           | 16.50    | 1:35:56  | 5:48         | 38      | 26:02   | 158       | 36:53     | 53.80  | 4:55:01  | 5:29 | 72      |         | 237       | 1:41:14   |
| Masserberg        | 18.10    | 1:20:26  | 4:26         | 8       | 11:55   | 25        | 23:46     | 71.90  | 6:15:27  | 5:13 | 72      |         | 237       | 1:57:15   |
| Allzunah          | 17.20    | 1:43:26  | 6:00         | 25      | 33:24   | 134       | 38:03     | 89.10  | 7:58:53  | 5:22 | 72      |         | 237       | 2:35:18   |
| Grenzdler         | 20.00    | 1:40:25  | 5:01         | 25      | 28:52   | 112       | 30:03     | 109.10 | 9:39:18  | 5:18 | 72      |         | 237       | 2:58:19   |
| Neue Ausspanne    | 13.90    | 1:18:36  | 5:39         | 27      | 17:17   | 152       | 30:09     | 123.00 | 10:57:54 | 5:20 | 72      |         | 237       | 3:27:08   |
| Kleiner Inselsber | 14.00    | 1:39:40  | 7:07         | 69      | 41:41   | 230       | 49:52     | 137.00 | 12:37:34 | 5:31 | 72      |         | 237       | 4:16:17   |
| Hohe Sonne        | 19.40    | 1:29:38  | 4:37         | 12      | 18:52   | 65        | 21:49     | 156.40 | 14:07:12 | 5:25 | 72      |         | 237       | 4:38:06   |
| Hörschel          | 14.70    | 1:18:33  | 5:20         | 22      | 14:30   | 108       | 30:04     | 171.10 | 15:25:45 | 5:24 | 20      | 3:35:48 | 131       | 5:02:22   |