



# 14. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 16.06.2012

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Spowis Jena

□□□: 12:28:20

□□: 42

□□: 13.71 km/h  
□□□□: 4:22 min/km

□□: 171.10 km

Blankenstein-Hörschel

□□□□□: 13 (of 236)

□□□□□□: 10:23:23

□□□□:

□□□□□: 3(of 72)

Mixstaffel

□□□□□□□: 11:49:57

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.50	1:09:23	3:57	2	1:11	6	6:49	17.50	1:09:23	3:57	53		237	6:49
Schildwiese	19.80	1:21:50	4:07	4	7:09	21	14:28	37.30	2:31:13	4:03	53		237	21:17
Neuhaus	16.50	1:26:12	5:13	17	16:18	92	27:09	53.80	3:57:25	4:24	53		237	43:38
Masserberg	18.10	1:12:27	4:00	4	3:56	9	15:47	71.90	5:09:52	4:18	53		237	51:40
Allzunah	17.20	1:18:34	4:34	5	8:32	15	13:11	89.10	6:28:26	4:21	53		237	1:04:51
Grenzdler	20.00	1:22:25	4:07	4	10:52	15	12:03	109.10	7:50:51	4:18	53		237	1:09:52
Neue Ausspanne	13.90	1:05:45	4:43	4	4:26	51	17:18	123.00	8:56:36	4:21	53		237	1:25:50
Kleiner Inselsber	14.00	1:04:50	4:37	6	6:51	30	15:02	137.00	10:01:26	4:23	53		237	1:40:09
Hohe Sonne	19.40	1:19:11	4:04	4	8:25	16	11:22	156.40	11:20:37	4:21	53		237	1:51:31
Hörschel	14.70	1:07:43	4:36	4	3:40	29	19:14	171.10	12:28:20	4:22	3	38:23	13	2:04:57