



14. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 16.06.2012

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team adventslauf

□□□: 14:29:17

□□: 221

□□: 11.80 km/h
□□□□: 5:05 min/km

□□: 171.10 km

Blankenstein-Hörschel

□□□□□: 70 (of 236)

□□□□□□: 10:23:23

□□□□:

□□□□□: 56(of 149)

Männerstaffel

□□□□□□□: 10:23:23

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.50	1:39:13	5:40	133	36:39	195	36:39	17.50	1:39:13	5:40	58	36:39	86	36:39
Schildwiese	19.80	1:29:09	4:30	37	21:47	52	21:47	37.30	3:08:22	5:03	58	58:26	86	58:26
Neuhaus	16.50	1:38:46	5:59	125	39:43	176	39:43	53.80	4:47:08	5:20	58	1:33:21	86	1:33:21
Masserberg	18.10	1:33:50	5:11	87	37:10	118	37:10	71.90	6:20:58	5:17	58	2:02:46	86	2:02:46
Allzunah	17.20	1:18:34	4:34	11	13:11	15	13:11	89.10	7:39:32	5:09	58	2:15:57	86	2:15:57
Grenzdler	20.00	1:28:20	4:24	23	17:58	33	17:58	109.10	9:07:52	5:01	58	2:26:53	86	2:26:53
Neue Ausspanne	13.90	1:17:50	5:35	116	29:23	148	29:23	123.00	10:25:42	5:05	58	2:54:56	86	2:54:56
Kleiner Inselsber	14.00	1:05:23	4:40	29	15:35	35	15:35	137.00	11:31:05	5:02	58	3:09:48	86	3:09:48
Hohe Sonne	19.40	1:24:17	4:20	24	16:28	33	16:28	156.40	12:55:22	4:57	58	3:26:16	86	3:26:16
Hörschel	14.70	1:33:55	6:23	132	45:26	200	45:26	171.10	14:29:17	5:04	57	4:05:54	71	4:05:54