



14. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 16.06.2012

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Lauffeuer Fröttstädt

□□□: 14:30:27

□□: 112

□□: 11.79 km/h
□□□□: 5:05 min/km

□□: 171.10 km

Blankenstein-Hörschel

□□□□□: 72 (of 236)

□□□□□□: 10:23:23

□□□□:

□□□□□: 58(of 149)

Männerstaffel

□□□□□□□: 10:23:23

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.50	1:24:16	4:48	57	21:42	74	21:42	17.50	1:24:16	4:48	60	21:42	88	21:42
Schildwiese	19.80	1:50:20	5:34	123	42:58	187	42:58	37.30	3:14:36	5:13	60	1:04:40	88	1:04:40
Neuhaus	16.50	1:31:00	5:30	95	31:57	125	31:57	53.80	4:45:36	5:18	60	1:31:49	88	1:31:49
Masserberg	18.10	1:27:48	4:51	51	31:08	67	31:08	71.90	6:13:24	5:11	60	1:55:12	88	1:55:12
Allzunah	17.20	1:29:29	5:12	42	24:06	54	24:06	89.10	7:42:53	5:11	60	2:19:18	88	2:19:18
Grenzdler	20.00	1:38:55	4:56	73	28:33	95	28:33	109.10	9:21:48	5:08	60	2:40:49	88	2:40:49
Neue Ausspanne	13.90	1:06:55	4:48	52	18:28	58	18:28	123.00	10:28:43	5:06	60	2:57:57	88	2:57:57
Kleiner Inselsber	14.00	1:26:12	6:09	128	36:24	185	36:24	137.00	11:54:55	5:13	60	3:33:38	88	3:33:38
Hohe Sonne	19.40	1:25:33	4:24	28	17:44	37	17:44	156.40	13:20:28	5:07	60	3:51:22	88	3:51:22
Hörschel	14.70	1:09:59	4:45	35	21:30	42	21:30	171.10	14:30:27	5:05	59	4:07:04	73	4:07:04