



# 14. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 16.06.2012

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Team Laufladen Jena

□□□: 11:28:55

□□: 190

□□: 14.89 km/h

□□□□: 4:02 min/km

□□: 171.10 km

Blankenstein-Hörschel

□□□□□: 6 (of 236)

□□□□□□: 10:23:23

□□□□:

□□□□□: 6(of 149)

Männerstaffel

□□□□□□□: 10:23:23

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□	
Grumbach	17.50	1:06:07	3:46	2	3:33	2	3:33	17.50	1:06:07	3:46	6	3:33	9	3:33
Schildwiese	19.80	1:08:55	3:28	2	1:33	2	1:33	37.30	2:15:02	3:37	6	5:06	9	5:06
Neuhaus	16.50	1:09:37	4:13	9	10:34	9	10:34	53.80	3:24:39	3:48	6	10:52	9	10:52
Masserberg	18.10	1:10:39	3:54	4	13:59	6	13:59	71.90	4:35:18	3:49	6	17:06	9	17:06
Allzunah	17.20	1:18:46	4:34	12	13:23	17	13:23	89.10	5:54:04	3:58	6	30:29	9	30:29
Grenzdler	20.00	1:23:40	4:11	13	13:18	18	13:18	109.10	7:17:44	4:00	6	36:45	9	36:45
Neue Ausspanne	13.90	48:50	3:30	3	0:23	3	0:23	123.00	8:06:34	3:57	6	35:48	9	35:48
Kleiner Inselsber	14.00	57:37	4:06	9	7:49	9	7:49	137.00	9:04:11	3:58	6	42:54	9	42:54
Hohe Sonne	19.40	1:24:10	4:20	22	16:21	30	16:21	156.40	10:28:21	4:01	6	59:15	9	59:15
Hörschel	14.70	1:00:34	4:07	9	12:05	9	12:05	171.10	11:28:55	4:01	6	1:05:32	6	1:05:32