



15. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 22.06.2013

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Ski-Club Eisenach

□□□: 15:40:13

□□: 62

□□: 10.93 km/h
□□□□: 5:29 min/km

□□: 171.30 km

Blankenstein-Hirschel

□□□□□: 163 (of 236)

□□□□□□: 10:18:23

□□□□:

□□□□□: 29(of 64)

Mixstaffel

□□□□□□□: 11:24:50

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:26:24	5:01	22	16:57	106	23:46	17.20	1:26:24	5:01	61	-	237	23:44
Schildwiese	20.10	1:40:00	4:58	34	33:38	132	33:38	37.30	3:06:24	4:59	61	-	237	53:50
Neuhaus	15.50	1:32:29	5:58	33	22:38	160	33:27	52.80	4:38:53	5:16	61	-	237	1:27:17
Masserberg	19.80	1:39:06	5:00	39	31:11	175	35:49	72.60	6:17:59	5:12	61	-	237	2:03:00
Allzunah	16.80	1:50:36	6:34	53	36:53	205	1:03:36	89.40	8:08:35	5:27	61	-	237	2:47:24
Grenzdler	19.80	1:54:47	5:47	55	42:58	202	42:58	109.20	10:03:22	5:31	61	-	237	3:28:21
Neue Ausspanne	13.80	1:06:55	4:50	7	10:48	58	16:41	123.00	11:10:17	5:26	61	-	237	3:44:44
Kleiner Inselsber	13.90	1:18:44	5:39	24	20:39	140	28:37	136.90	12:29:01	5:28	61	-	237	4:12:06
Hohe Sonne	19.70	1:42:10	5:11	35	32:21	154	34:40	156.60	14:11:11	5:26	61	-	237	4:46:46
Hirschel	14.70	1:29:02	6:03	37	28:21	172	35:04	171.30	15:40:13	5:29	29	4:15:23	163	5:21:50