



# 15. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 22.06.2013

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LG Frauenwald

□□□: 14:53:38

□□: 106

□□: - km/h  
□□□□: 5:13 min/km

Enduro E Bike

□□□□□: 111 (of 236)

□□□□□□: 10:18:23

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□□□□□: 88(of 156)

Männerstaffel

□□□□□□: 10:18:23

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Grumbach	17.20	1:25:04	4:56	73	22:26	94	22:26	17.20	1:25:04	4:56	86	22:24	124	22:24
Schildwiese	20.10	1:42:16	5:05	107	34:20	154	35:54	37.30	3:07:20	5:01	86	54:46	124	54:46
Neuhaus	15.50	1:26:02	5:33	83	27:00	106	27:00	52.80	4:33:22	5:10	86	1:21:46	124	1:21:46
Masserberg	19.80	1:24:48	4:16	52	21:31	63	21:31	72.60	5:58:10	4:56	86	1:43:11	124	1:43:11
Allzunah	16.80	1:38:08	5:50	103	51:08	140	51:08	89.40	7:36:18	5:06	86	2:15:07	124	2:15:07
Grenzdler	19.80	1:33:38	4:43	49	19:48	69	21:49	109.20	9:09:56	5:02	86	2:34:55	124	2:34:55
Neue Ausspanne	13.80	1:17:38	5:37	120	27:24	155	27:24	123.00	10:27:34	5:06	86	3:02:01	124	3:02:01
Kleiner Inselsber	13.90	1:30:42	6:31	149	40:35	214	40:35	136.90	11:58:16	5:14	86	3:41:21	124	3:41:21
Hohe Sonne	19.70	1:40:56	5:07	107	33:26	144	33:26	156.60	13:39:12	5:13	86	4:14:47	124	4:14:47
Hörschel	14.70	1:14:26	5:03	57	20:28	68	20:28	-	14:53:38	-	88	4:35:15	111	4:35:15