



15. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 22.06.2013

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Sandhasenexpress Benshausen

□□□: 14:58:40

□□: 165

□□: 11.44 km/h

□□□□: 5:15 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 119 (of 236)

□□□□□□: 10:18:23

□□□□:

□□□□□: 96(of 156)

Männerstaffel

□□□□□□□: 10:18:23

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:28:53	5:10	101	26:15	134	26:15	17.20	1:28:53	5:10	94	26:13	133	26:13
Schildwiese	20.10	1:43:29	5:08	112	35:33	159	37:07	37.30	3:12:22	5:09	94	59:48	133	59:48
Neuhaus	15.50	1:26:34	5:35	86	27:32	112	27:32	52.80	4:38:56	5:16	94	1:27:20	133	1:27:20
Masserberg	19.80	1:30:44	4:34	82	27:27	106	27:27	72.60	6:09:40	5:05	94	1:54:41	133	1:54:41
Allzunah	16.80	1:37:29	5:48	100	50:29	137	50:29	89.40	7:47:09	5:13	94	2:25:58	133	2:25:58
Grenzdler	19.80	1:50:16	5:34	128	36:26	181	38:27	109.20	9:37:25	5:17	94	3:02:24	133	3:02:24
Neue Ausspanne	13.80	1:28:53	6:26	150	38:39	214	38:39	123.00	11:06:18	5:25	94	3:40:45	133	3:40:45
Kleiner Inselsber	13.90	1:15:42	5:26	99	25:35	119	25:35	136.90	12:22:00	5:25	94	4:05:05	133	4:05:05
Hohe Sonne	19.70	1:30:44	4:36	52	23:14	72	23:14	156.60	13:52:44	5:19	94	4:28:19	133	4:28:19
Hörschel	14.70	1:05:56	4:29	19	11:58	22	11:58	171.30	14:58:40	5:14	96	4:40:17	119	4:40:17