



15. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 22.06.2013

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SG Motor/Lauftreff Alteburg Arnstadt □□□: 14:58:54

□□: 84

□□: 171.30 km

Blankenstein-Hirschel

□□□□:

Männerstaffel

□□: 11.41 km/h

□□□□: 5:15 min/km

□□□□□: 120 (of 236)

□□□□□□: 10:18:23

□□□□□: 97(of 156)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:23:15	4:50	56	20:37	72	20:37	17.20	1:23:15	4:50	95	20:35	134	20:35
Schildwiese	20.10	1:41:13	5:02	100	33:17	144	34:51	37.30	3:04:28	4:56	95	51:54	134	51:54
Neuhaus	15.50	1:29:36	5:46	111	30:34	142	30:34	52.80	4:34:04	5:11	95	1:22:28	134	1:22:28
Masserberg	19.80	1:30:55	4:35	87	27:38	112	27:38	72.60	6:04:59	5:01	95	1:50:00	134	1:50:00
Allzunah	16.80	1:49:06	6:29	135	1:02:06	196	1:02:06	89.40	7:54:05	5:18	95	2:32:54	134	2:32:54
Grenzdler	19.80	1:38:38	4:58	75	24:48	105	26:49	109.20	9:32:43	5:14	95	2:57:42	134	2:57:42
Neue Ausspanne	13.80	1:09:30	5:02	64	19:16	76	19:16	123.00	10:42:13	5:13	95	3:16:40	134	3:16:40
Kleiner Inselsber	13.90	1:03:19	4:33	20	13:12	26	13:12	136.90	11:45:32	5:09	95	3:28:37	134	3:28:37
Hohe Sonne	19.70	1:36:40	4:54	81	29:10	107	29:10	156.60	13:22:12	5:07	95	3:57:47	134	3:57:47
Hirschel	14.70	1:36:42	6:34	143	42:44	207	42:44	171.30	14:58:54	5:14	97	4:40:31	120	4:40:31