



# 15. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 22.06.2013

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Trefffurter Sperrachen

□□□: 15:26:47

□□: 78

□□: 11.09 km/h

□□□□: 5:25 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 150 (of 236)

□□□□□□: 10:18:23

□□□□:

□□□□□: 120(of 156)

Männerstaffel

□□□□□□□: 10:18:23

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Grumbach	17.20	1:26:50	5:02	85	24:12	113	24:12	17.20	1:26:50	5:02	99	24:10	141	24:10
Schildwiese	20.10	1:43:06	5:07	109	35:10	156	36:44	37.30	3:09:56	5:05	99	57:22	141	57:22
Neuhaus	15.50	1:32:54	5:59	120	33:52	161	33:52	52.80	4:42:50	5:21	99	1:31:14	141	1:31:14
Masserberg	19.80	1:52:04	5:39	151	48:47	219	48:47	72.60	6:34:54	5:26	99	2:19:55	141	2:19:55
Allzunah	16.80	1:49:54	6:32	138	1:02:54	201	1:02:54	89.40	8:24:48	5:38	99	3:03:37	141	3:03:37
Grenzadler	19.80	1:59:08	6:01	145	45:18	215	47:19	109.20	10:23:56	5:42	99	3:48:55	141	3:48:55
Neue Ausspanne	13.80	1:05:43	4:45	40	15:29	47	15:29	123.00	11:29:39	5:36	99	4:04:06	141	4:04:06
Kleiner Inselsber	13.90	1:09:20	4:59	50	19:13	59	19:13	136.90	12:38:59	5:32	99	4:22:04	141	4:22:04
Hohe Sonne	19.70	1:38:57	5:01	96	31:27	129	31:27	156.60	14:17:56	5:28	99	4:53:31	141	4:53:31
Hörschel	14.70	1:08:51	4:41	30	14:53	37	14:53	171.30	15:26:47	5:24	120	5:08:24	150	5:08:24