



15. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 22.06.2013

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11.Thuer. Zahnarztstaffel

□□□: 15:15:15

□□: 183

□□: 11.21 km/h
□□□□: 5:20 min/km

□□: 171.30 km

Blankenstein-Hirschel

□□□□□: 134 (of 236)

□□□□□□: 10:18:23

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□□□□□: 109(of 156)

Männerstaffel

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Grumbach	17.20	1:47:13	6:14	150	44:35	220	44:35	17.20	1:47:13	6:14	109	44:33	155	44:33
Schildwiese	20.10	1:34:46	4:42	75	26:50	99	28:24	37.30	3:21:59	5:24	109	1:09:25	155	1:09:25
Neuhaus	15.50	1:18:18	5:03	48	19:16	60	19:16	52.80	4:40:17	5:18	109	1:28:41	155	1:28:41
Masserberg	19.80	1:25:48	4:19	57	22:31	68	22:31	72.60	6:06:05	5:02	109	1:51:06	155	1:51:06
Allzunah	16.80	1:40:18	5:58	109	53:18	149	53:18	89.40	7:46:23	5:13	109	2:25:12	155	2:25:12
Grenzdler	19.80	1:44:49	5:17	105	30:59	144	33:00	109.20	9:31:12	5:13	109	2:56:11	155	2:56:11
Neue Ausspanne	13.80	1:18:50	5:42	123	28:36	159	28:36	123.00	10:50:02	5:17	109	3:24:29	155	3:24:29
Kleiner Inselsber	13.90	1:15:06	5:24	92	24:59	111	24:59	136.90	12:05:08	5:17	109	3:48:13	155	3:48:13
Hohe Sonne	19.70	1:35:17	4:50	75	27:47	99	27:47	156.60	13:40:25	5:14	109	4:16:00	155	4:16:00
Hirschel	14.70	1:34:50	6:27	139	40:52	200	40:52	171.30	15:15:15	5:20	109	4:56:52	134	4:56:52