



15. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 22.06.2013

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Schwabenpfeil

□□□: 16:52:26

□□: 40

□□: 10.13 km/h

□□□□: 5:55 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 211 (of 236)

□□□□□□: 10:18:23

□□□□:

□□□□□: 52(of 64)

Mixstaffel

□□□□□□□: 11:24:50

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:40:05	5:49	51	30:38	199	37:27	17.20	1:40:05	5:49	8	11:48	237	37:25
Schildwiese	20.10	3:06:49	9:17	64	2:00:27	236	2:00:27	37.30	4:46:54	7:41	8	1:36:37	237	2:34:20
Neuhaus	15.50	1:17:44	5:00	10	7:53	52	18:42	52.80	6:04:38	6:54	8	1:08:34	237	2:53:02
Masserberg	19.80	1:54:44	5:47	57	46:49	221	51:27	72.60	7:59:22	6:36	8	59:59	237	3:44:23
Allzunah	16.80	1:42:02	6:04	38	28:19	158	55:02	89.40	9:41:24	6:30	8	50:02	237	4:20:13
Grenzdler	19.80	1:54:24	5:46	53	42:35	199	42:35	109.20	11:35:48	6:22	8	57:23	237	5:00:47
Neue Ausspanne	13.80	1:09:55	5:03	9	13:48	78	19:41	123.00	12:45:43	6:13	8	39:23	237	5:20:10
Kleiner Inselsber	13.90	1:09:48	5:01	8	11:43	62	19:41	136.90	13:55:31	6:06	8	20:18	237	5:38:36
Hohe Sonne	19.70	1:33:44	4:45	21	23:55	90	26:14	156.60	15:29:15	5:56	8	23:25	237	6:04:50
Hörschel	14.70	1:23:11	5:39	26	22:30	134	29:13	171.30	16:52:26	5:54	52	5:27:36	211	6:34:03