



# 15. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 22.06.2013

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Kyffhäuserbergsschnecken

□□□: 16:21:53

□□: 44

□□: 10.45 km/h

□□□□: 5:44 min/km

□□: 171.30 km

Blankenstein-Hirschel

□□□□□: 191 (of 236)

□□□□□□: 10:18:23

□□□□:

□□□□□: 41(of 64)

Mixstaffel

□□□□□□□: 11:24:50

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:31:42	5:19	39	22:15	159	29:04	17.20	1:31:42	5:19	10	3:25	237	29:02
Schildwiese	20.10	1:44:43	5:12	44	38:21	169	38:21	37.30	3:16:25	5:15	10	6:08	237	1:03:51
Neuhaus	15.50	1:46:16	6:51	59	36:25	222	47:14	52.80	5:02:41	5:43	10	6:37	237	1:51:05
Masserberg	19.80	1:42:15	5:09	44	34:20	187	38:58	72.60	6:44:56	5:34	10		237	2:29:57
Allzunah	16.80	1:47:53	6:25	49	34:10	187	1:00:53	89.40	8:32:49	5:44	10		237	3:11:38
Grenzdler	19.80	1:49:09	5:30	42	37:20	175	37:20	109.20	10:21:58	5:41	10		237	3:46:57
Neue Ausspanne	13.80	1:23:57	6:04	39	27:50	190	33:43	123.00	11:45:55	5:44	10		237	4:20:22
Kleiner Inselsber	13.90	58:45	4:13	2	0:40	10	8:38	136.90	12:44:40	5:35	10		237	4:27:45
Hohe Sonne	19.70	1:55:11	5:50	56	45:22	215	47:41	156.60	14:39:51	5:37	10		237	5:15:26
Hirschel	14.70	1:42:02	6:56	56	41:21	223	48:04	171.30	16:21:53	5:43	41	4:57:03	191	6:03:30