



15. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 22.06.2013

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Siemens Energy Runners-Generatorenwerk Ebersdorf

□□: 196

□□: 171.30 km

Blankenstein-Hirschel

□□□□:

Männerstaffel

□□: 11.01 km/h

□□□□: 5:27 min/km

□□□□□: 156 (of 236)

□□□□□□: 10:18:23

□□□□□: 125(of 156)

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	
Grumbach	17.20	1:34:36	5:30	128	31:58	178	31:58	17.20	1:34:36	5:30	126	31:56	179	31:56
Schildwiese	20.10	1:42:48	5:06	108	34:52	155	36:26	37.30	3:17:24	5:17	126	1:04:50	179	1:04:50
Neuhaus	15.50	1:26:40	5:35	89	27:38	115	27:38	52.80	4:44:04	5:22	126	1:32:28	179	1:32:28
Masserberg	19.80	1:25:29	4:19	55	22:12	66	22:12	72.60	6:09:33	5:05	126	1:54:34	179	1:54:34
Allzunah	16.80	1:37:57	5:49	102	50:57	139	50:57	89.40	7:47:30	5:13	126	2:26:19	179	2:26:19
Grenzdler	19.80	1:58:09	5:58	143	44:19	211	46:20	109.20	9:45:39	5:21	126	3:10:38	179	3:10:38
Neue Ausspanne	13.80	1:10:24	5:06	74	20:10	89	20:10	123.00	10:56:03	5:20	126	3:30:30	179	3:30:30
Kleiner Inselsber	13.90	1:21:36	5:52	129	31:29	165	31:29	136.90	12:17:39	5:23	126	4:00:44	179	4:00:44
Hohe Sonne	19.70	1:58:45	6:01	153	51:15	226	51:15	156.60	14:16:24	5:28	126	4:51:59	179	4:51:59
Hirschel	14.70	1:17:29	5:16	72	23:31	93	23:31	171.30	15:33:53	5:27	125	5:15:30	156	5:15:30