



15. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 22.06.2013

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MDR Thüringen

□□□: 17:34:15

□□: 42

□□: 9.75 km/h

□□□□: 6:09 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 230 (of 236)

□□□□□□: 10:18:23

□□□□:

□□□□□: 61(of 64)

Mixstaffel

□□□□□□□: 11:24:50

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	2:09:13	7:30	64	59:46	236	1:06:35	17.20	2:09:13	7:30	19	40:56	237	1:06:33
Schildwiese	20.10	2:10:35	6:29	59	1:04:13	225	1:04:13	37.30	4:19:48	6:57	19	1:09:31	237	2:07:14
Neuhaus	15.50	1:50:28	7:07	61	40:37	228	51:26	52.80	6:10:16	7:00	19	1:14:12	237	2:58:40
Masserberg	19.80	1:32:01	4:38	25	24:06	125	28:44	72.60	7:42:17	6:22	19	42:54	237	3:27:18
Allzunah	16.80	2:13:32	7:56	64	59:49	234	1:26:32	89.40	9:55:49	6:39	19	1:04:27	237	4:34:38
Grenzdler	19.80	1:54:09	5:45	52	42:20	198	42:20	109.20	11:49:58	6:30	19	1:11:33	237	5:14:57
Neue Ausspanne	13.80	1:20:24	5:49	32	24:17	170	30:10	123.00	13:10:22	6:25	19	1:04:02	237	5:44:49
Kleiner Inselsber	13.90	1:21:26	5:51	30	23:21	162	31:19	136.90	14:31:48	6:22	19	56:35	237	6:14:53
Hohe Sonne	19.70	1:31:45	4:39	19	21:56	77	24:15	156.60	16:03:33	6:09	19	57:43	237	6:39:08
Hörschel	14.70	1:30:42	6:10	42	30:01	183	36:44	171.30	17:34:15	6:09	61	6:09:25	230	7:15:52