



15. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 22.06.2013

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Trefffurter Sperrachen Amazonen

□□□: 16:58:29

□□: 16

□□: 10.07 km/h

□□□□: 5:57 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 216 (of 236)

□□□□□□: 10:18:23

□□□□:

□□□□□: 11(of 16)

Frauenstaffel

□□□□□□□: 12:19:46

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Grumbach	17.20	1:41:06	5:52	9	29:31	203	38:28	17.20	1:41:06	5:52	10	29:31	237	38:26
Schildwiese	20.10	1:53:11	5:37	13	27:06	204	46:49	37.30	3:34:17	5:44	10	56:37	237	1:21:43
Neuhaus	15.50	1:37:31	6:17	10	25:17	186	38:29	52.80	5:11:48	5:54	10	1:21:54	237	2:00:12
Masserberg	19.80	2:12:35	6:41	16	56:02	234	1:09:18	72.60	7:24:23	6:07	10	2:17:56	237	3:09:24
Allzunah	16.80	1:49:37	6:31	12	28:13	200	1:02:37	89.40	9:14:00	6:11	10	2:46:09	237	3:52:49
Grenzadler	19.80	1:58:17	5:58	12	31:28	212	46:28	109.20	11:12:17	6:09	10	3:17:37	237	4:37:16
Neue Ausspanne	13.80	1:15:48	5:29	7	17:04	133	25:34	123.00	12:28:05	6:04	10	3:34:41	237	5:02:32
Kleiner Inselsber	13.90	1:20:56	5:49	5	20:05	159	30:49	136.90	13:49:01	6:03	10	3:54:46	237	5:32:06
Hohe Sonne	19.70	1:43:17	5:14	8	22:34	162	35:47	156.60	15:32:18	5:57	10	4:17:20	237	6:07:53
Hörschel	14.70	1:26:11	5:51	10	21:23	158	32:13	171.30	16:58:29	5:56	11	4:38:43	216	6:40:06