



15. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 22.06.2013

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Breuninger Sports II

□□□: 17:39:57

□□: 47

□□: 9.68 km/h

□□□□: 6:11 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 232 (of 236)

□□□□□□: 10:18:23

□□□□:

□□□□□: 62(of 64)

Mixstaffel

□□□□□□□: 11:24:50

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Grumbach	17.20	1:41:01	5:52	52	31:34	202	38:23	17.20	1:41:01	5:52	27	12:44	237	38:21
Schildwiese	20.10	3:03:13	9:06	63	1:56:51	235	1:56:51	37.30	4:44:14	7:37	27	1:33:57	237	2:31:40
Neuhaus	15.50	1:30:41	5:51	28	20:50	147	31:39	52.80	6:14:55	7:06	27	1:18:51	237	3:03:19
Masserberg	19.80	1:26:33	4:22	12	18:38	76	23:16	72.60	7:41:28	6:21	27	42:05	237	3:26:29
Allzunah	16.80	2:00:52	7:11	61	47:09	227	1:13:52	89.40	9:42:20	6:30	27	50:58	237	4:21:09
Grenzdler	19.80	1:48:57	5:30	41	37:08	174	37:08	109.20	11:31:17	6:19	27	52:52	237	4:56:16
Neue Ausspanne	13.80	1:38:55	7:10	61	42:48	233	48:41	123.00	13:10:12	6:25	27	1:03:52	237	5:44:39
Kleiner Inselsber	13.90	1:20:18	5:46	28	22:13	153	30:11	136.90	14:30:30	6:21	27	55:17	237	6:13:35
Hohe Sonne	19.70	1:47:13	5:26	45	37:24	183	39:43	156.60	16:17:43	6:14	27	1:11:53	237	6:53:18
Hörschel	14.70	1:22:14	5:35	21	21:33	125	28:16	171.30	17:39:57	6:11	62	6:15:07	232	7:21:34