



15. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 22.06.2013

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Hainich-Wildkatzen

□□□: 12:49:45

□□: 121

□□: 13.33 km/h

□□□□: 4:29 min/km

□□: 171.30 km

Blankenstein-Hirschel

□□□□□: 19 (of 236)

□□□□□□: 10:18:23

□□□□:

□□□□□: 13(of 156)

Männerstaffel

□□□□□□□: 10:18:23

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	
Grumbach	17.20	1:15:30	4:23	19	12:52	29	12:52	17.20	1:15:30	4:23	12	12:50	23	12:50
Schildwiese	20.10	1:32:54	4:37	70	24:58	92	26:32	37.30	2:48:24	4:30	12	35:50	23	35:50
Neuhaus	15.50	1:17:17	4:59	39	18:15	48	18:15	52.80	4:05:41	4:39	12	54:05	23	54:05
Masserberg	19.80	1:20:15	4:03	21	16:58	29	16:58	72.60	5:25:56	4:29	12	1:10:57	23	1:10:57
Allzunah	16.80	1:25:54	5:06	36	38:54	44	38:54	89.40	6:51:50	4:36	12	1:30:39	23	1:30:39
Grenzdler	19.80	1:33:10	4:42	46	19:20	64	21:21	109.20	8:25:00	4:37	12	1:49:59	23	1:49:59
Neue Ausspanne	13.80	1:04:16	4:39	30	14:02	35	14:02	123.00	9:29:16	4:37	12	2:03:43	23	2:03:43
Kleiner Inselsber	13.90	56:36	4:04	6	6:29	6	6:29	136.90	10:25:52	4:34	12	2:08:57	23	2:08:57
Hohe Sonne	19.70	1:19:08	4:01	12	11:38	19	11:38	156.60	11:45:00	4:30	12	2:20:35	23	2:20:35
Hirschel	14.70	1:04:45	4:24	16	10:47	17	10:47	171.30	12:49:45	4:29	13	2:31:22	19	2:31:22