



# 15. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 22.06.2013

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Polizei Thüringen

□□□: 13:20:15

□□: 110

□□: 12.82 km/h

□□□□: 4:40 min/km

□□: 171.30 km

Blankenstein-Hirschel

□□□□□: 33 (of 236)

□□□□□□: 10:18:23

□□□□:

□□□□□: 25(of 156)

Männerstaffel

□□□□□□□: 10:18:23

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:29:27	5:12	107	26:49	144	26:49	17.20	1:29:27	5:12	143	26:47	209	26:47
Schildwiese	20.10	1:33:07	4:37	71	25:11	93	26:45	37.30	3:02:34	4:53	155	50:00	230	50:00
Neuhaus	15.50	1:26:42	5:35	90	27:40	116	27:40	52.80	4:29:16	5:05	155	1:17:40	230	1:17:40
Masserberg	19.80	1:24:32	4:16	50	21:15	61	21:15	72.60	5:53:48	4:52	155	1:38:49	230	1:38:49
Allzunah	16.80	1:31:20	5:26	72	44:20	95	44:20	89.40	7:25:08	4:58	155	2:03:57	230	2:03:57
Grenzdler	19.80	1:22:53	4:11	13	9:03	19	11:04	109.20	8:48:01	4:50	155	2:13:00	230	2:13:00
Neue Ausspanne	13.80	58:34	4:14	11	8:20	12	8:20	123.00	9:46:35	4:46	155	2:21:02	230	2:21:02
Kleiner Inselsber	13.90	1:02:01	4:27	14	11:54	19	11:54	136.90	10:48:36	4:44	155	2:31:41	230	2:31:41
Hohe Sonne	19.70	1:16:33	3:53	4	9:03	6	9:03	156.60	12:05:09	4:37	155	2:40:44	41	2:40:44
Hirschel	14.70	1:15:06	5:06	60	21:08	73	21:08	171.30	13:20:15	4:40	25	3:01:52	33	3:01:52