



15. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 22.06.2013

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X-FAB / Melexis Running Ladies

□□□: 17:51:17

□□: 11

□□: 9.58 km/h

□□□□: 6:15 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 234 (of 236)

□□□□□□: 10:18:23

□□□□:

□□□□□: 16(of 16)

Frauenstaffel

□□□□□□□: 12:19:46

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Grumbach	17.20	1:43:48	6:02	12	32:13	212	41:10	17.20	1:43:48	6:02	16	32:13	237	41:08
Schildwiese	20.10	1:57:51	5:51	14	31:46	217	51:29	37.30	3:41:39	5:56	16	1:03:59	237	1:29:05
Neuhaus	15.50	1:49:08	7:02	16	36:54	225	50:06	52.80	5:30:47	6:15	16	1:40:53	237	2:19:11
Masserberg	19.80	1:49:18	5:31	13	32:45	215	46:01	72.60	7:20:05	6:03	16	2:13:38	237	3:05:06
Allzunah	16.80	1:57:44	7:00	15	36:20	223	1:10:44	89.40	9:17:49	6:14	16	2:49:58	237	3:56:38
Grenzdler	19.80	1:46:40	5:23	8	19:51	159	34:51	109.20	11:04:29	6:05	16	3:09:49	237	4:29:28
Neue Ausspanne	13.80	1:24:30	6:07	12	25:46	196	34:16	123.00	12:28:59	6:05	16	3:35:35	237	5:03:26
Kleiner Inselsber	13.90	1:30:14	6:29	14	29:23	211	40:07	136.90	13:59:13	6:07	16	4:04:58	237	5:42:18
Hohe Sonne	19.70	2:11:20	6:40	15	50:37	234	1:03:50	156.60	16:10:33	6:11	16	4:55:35	237	6:46:08
Hörschel	14.70	1:40:44	6:51	15	35:56	218	46:46	171.30	17:51:17	6:15	16	5:31:31	234	7:32:54