



15. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 22.06.2013

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schiller staffel masters

□□□: 12:49:48

□□: 157

□□: 13.33 km/h

□□□□: 4:29 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 20 (of 236)

□□□□□□: 10:18:23

□□□□:

□□□□□: 14(of 156)

Männerstaffel

□□□□□□: 10:18:23

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:11:39	4:09	9	9:01	16	9:01	17.20	1:11:39	4:09	13	8:59	24	8:59
Schildwiese	20.10	1:17:17	3:50	9	9:21	13	10:55	37.30	2:28:56	3:59	13	16:22	24	16:22
Neuhaus	15.50	1:17:39	5:00	41	18:37	51	18:37	52.80	3:46:35	4:17	13	34:59	24	34:59
Masserberg	19.80	1:21:20	4:06	30	18:03	38	18:03	72.60	5:07:55	4:14	13	52:56	24	52:56
Allzunah	16.80	1:22:20	4:54	17	35:20	23	35:20	89.40	6:30:15	4:21	13	1:09:04	24	1:09:04
Grenzdler	19.80	1:23:29	4:12	14	9:39	20	11:40	109.20	7:53:44	4:20	13	1:18:43	24	1:18:43
Neue Ausspanne	13.80	1:06:28	4:48	45	16:14	53	16:14	123.00	9:00:12	4:23	13	1:34:39	24	1:34:39
Kleiner Inselsber	13.90	1:02:27	4:29	16	12:20	22	12:20	136.90	10:02:39	4:24	13	1:45:44	24	1:45:44
Hohe Sonne	19.70	1:28:41	4:30	43	21:11	57	21:11	156.60	11:31:20	4:24	13	2:06:55	24	2:06:55
Hörschel	14.70	1:18:28	5:20	77	24:30	98	24:30	171.30	12:49:48	4:29	14	2:31:25	20	2:31:25