



15. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 22.06.2013

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schornsteindirekt.de

□□□: 12:50:06

□□: 154

□□: 13.32 km/h
□□□□: 4:30 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 21 (of 236)

□□□□□□: 10:18:23

□□□□:

□□□□□: 15(of 156)

Männerstaffel

□□□□□□□: 10:18:23

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:26:55	5:03	88	24:17	116	24:17	17.20	1:26:55	5:03	14	24:15	25	24:15
Schildwiese	20.10	1:22:16	4:05	15	14:20	22	15:54	37.30	2:49:11	4:32	14	36:37	25	36:37
Neuhaus	15.50	1:17:53	5:01	43	18:51	54	18:51	52.80	4:07:04	4:40	14	55:28	25	55:28
Masserberg	19.80	1:20:58	4:05	25	17:41	33	17:41	72.60	5:28:02	4:31	14	1:13:03	25	1:13:03
Allzunah	16.80	1:22:23	4:54	19	35:23	25	35:23	89.40	6:50:25	4:35	14	1:29:14	25	1:29:14
Grenzdler	19.80	1:19:04	3:59	7	5:14	9	7:15	109.20	8:09:29	4:28	14	1:34:28	25	1:34:28
Neue Ausspanne	13.80	1:05:48	4:46	41	15:34	48	15:34	123.00	9:15:17	4:30	14	1:49:44	25	1:49:44
Kleiner Inselsber	13.90	1:07:04	4:49	32	16:57	41	16:57	136.90	10:22:21	4:32	14	2:05:26	25	2:05:26
Hohe Sonne	19.70	1:16:50	3:54	5	9:20	7	9:20	156.60	11:39:11	4:27	14	2:14:46	25	2:14:46
Hörschel	14.70	1:10:55	4:49	37	16:57	45	16:57	171.30	12:50:06	4:29	15	2:31:43	21	2:31:43