



15. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 22.06.2013

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X-Runners

□□□: 10:52:18

□□: 127

□□: 15.76 km/h

□□□□: 3:49 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 2 (of 236)

□□□□□□: 10:18:23

□□□□:

□□□□□: 2(of 156)

Männerstaffel

□□□□□□□: 10:18:23

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:03:18	3:40	3	0:40	3	0:40	17.20	1:03:18	3:40	2	0:38	3	0:38
Schildwiese	20.10	1:07:56	3:22	1	-	2	1:34	37.30	2:11:14	3:31	2	-	3	-
Neuhaus	15.50	1:00:31	3:54	2	1:29	2	1:29	52.80	3:11:45	3:37	2	0:09	3	0:09
Masserberg	19.80	1:08:35	3:27	4	5:18	5	5:18	72.60	4:20:20	3:35	2	5:21	3	5:21
Allzunah	16.80	1:07:46	4:02	5	20:46	5	20:46	89.40	5:28:06	3:40	2	6:55	3	6:55
Grenzdler	19.80	1:16:56	3:53	3	3:06	5	5:07	109.20	6:45:02	3:42	2	10:01	3	10:01
Neue Ausspanne	13.80	50:14	3:38	1	-	1	-	123.00	7:35:16	3:42	2	9:43	3	9:43
Kleiner Inselsber	13.90	1:10:39	5:04	61	20:32	72	20:32	136.90	8:45:55	3:50	2	29:00	3	29:00
Hohe Sonne	19.70	1:10:55	3:35	3	3:25	4	3:25	156.60	9:56:50	3:48	2	32:25	3	32:25
Hörschel	14.70	55:28	3:46	2	1:30	2	1:30	171.30	10:52:18	3:48	2	33:55	2	33:55