



# 15. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 22.06.2013

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Leipziger Laufteam

□□□: 14:00:40

□□: 38

□□: 12.20 km/h

□□□□: 4:55 min/km

□□: 171.30 km

Blankenstein-Hirschel

□□□□□: 56 (of 236)

□□□□□□: 10:18:23

□□□□:

□□□□□: 11(of 64)

Mixstaffel

□□□□□□□: 11:24:50

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:38:09	5:42	48	28:42	191	35:31	17.20	1:38:09	5:42	44	9:52	237	35:29
Schildwiese	20.10	1:37:29	4:50	30	31:07	121	31:07	37.30	3:15:38	5:14	44	5:21	237	1:03:04
Neuhaus	15.50	1:18:10	5:02	11	8:19	59	19:08	52.80	4:33:48	5:11	44		237	1:22:12
Masserberg	19.80	1:32:56	4:41	26	25:01	131	29:39	72.60	6:06:44	5:03	44		237	1:51:45
Allzunah	16.80	1:19:59	4:45	4	6:16	16	32:59	89.40	7:26:43	4:59	44		237	2:05:32
Grenzdler	19.80	1:11:49	3:37	1	-	1	-	109.20	8:38:32	4:44	44		237	2:03:31
Neue Ausspanne	13.80	1:14:20	5:23	15	18:13	118	24:06	123.00	9:52:52	4:49	44		237	2:27:19
Kleiner Inselsber	13.90	1:19:52	5:44	27	21:47	151	29:45	136.90	11:12:44	4:54	44		237	2:55:49
Hohe Sonne	19.70	1:30:40	4:36	18	20:51	71	23:10	156.60	12:43:24	4:52	44		237	3:18:59
Hirschel	14.70	1:17:16	5:15	16	16:35	90	23:18	171.30	14:00:40	4:54	11	2:35:50	56	3:42:17