



15. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 22.06.2013

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Treffurter Sperrachen & Friends

□□□: 13:19:23

□□: 120

□□: 12.83 km/h

□□□□: 4:40 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 32 (of 236)

□□□□□□: 10:18:23

□□□□:

□□□□□: 24(of 156)

Männerstaffel

□□□□□□□: 10:18:23

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:12:36	4:13	12	9:58	19	9:58	17.20	1:12:36	4:13	23	9:56	39	9:56
Schildwiese	20.10	1:31:05	4:31	58	23:09	78	24:43	37.30	2:43:41	4:23	23	31:07	39	31:07
Neuhaus	15.50	1:10:47	4:33	14	11:45	16	11:45	52.80	3:54:28	4:26	23	42:52	39	42:52
Masserberg	19.80	1:18:42	3:58	18	15:25	26	15:25	72.60	5:13:10	4:18	23	58:11	39	58:11
Allzunah	16.80	1:54:10	6:47	147	1:07:10	217	1:07:10	89.40	7:07:20	4:46	23	1:46:09	39	1:46:09
Grenzadler	19.80	1:37:02	4:54	64	23:12	90	25:13	109.20	8:44:22	4:48	23	2:09:21	39	2:09:21
Neue Ausspanne	13.80	1:05:16	4:43	37	15:02	43	15:02	123.00	9:49:38	4:47	23	2:24:05	39	2:24:05
Kleiner Inselsber	13.90	1:02:16	4:28	15	12:09	20	12:09	136.90	10:51:54	4:45	23	2:34:59	39	2:34:59
Hohe Sonne	19.70	1:27:15	4:25	37	19:45	50	19:45	156.60	12:19:09	4:43	23	2:54:44	39	2:54:44
Hörschel	14.70	1:00:14	4:05	8	6:16	8	6:16	171.30	13:19:23	4:39	24	3:01:00	32	3:01:00