



# 15. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 22.06.2013

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USV Erfurt 1

□□□: 11:05:59

□□: 112

□□: 15.41 km/h

□□□□: 3:53 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 3 (of 236)

□□□□□□: 10:18:23

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□□□□□: 3(of 156)

Männerstaffel

□□□□□□□: 10:18:23

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:02:38	3:38	1	-	1	-	17.20	1:02:38	3:38	3		4	
Schildwiese	20.10	1:13:18	3:38	5	5:22	6	6:56	37.30	2:15:56	3:38	3	3:22	4	3:22
Neuhaus	15.50	1:03:14	4:04	4	4:12	4	4:12	52.80	3:19:10	3:46	3	7:34	4	7:34
Masserberg	19.80	1:10:22	3:33	6	7:05	8	7:05	72.60	4:29:32	3:42	3	14:33	4	14:33
Allzunah	16.80	1:15:23	4:29	7	28:23	8	28:23	89.40	5:44:55	3:51	3	23:44	4	23:44
Grenzdler	19.80	1:18:52	3:58	5	5:02	7	7:03	109.20	7:03:47	3:52	3	28:46	4	28:46
Neue Ausspanne	13.80	56:16	4:04	6	6:02	7	6:02	123.00	8:00:03	3:54	3	34:30	4	34:30
Kleiner Inselsber	13.90	50:07	3:36	1	-	1	-	136.90	8:50:10	3:52	3	33:15	4	33:15
Hohe Sonne	19.70	1:17:33	3:56	9	10:03	13	10:03	156.60	10:07:43	3:52	3	43:18	4	43:18
Hörschel	14.70	58:16	3:57	3	4:18	3	4:18	171.30	11:05:59	3:53	3	47:36	3	47:36