



# 15. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 22.06.2013

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Katholische Laufjugend Arnstadt

□□□: 13:40:05

□□: 225

□□: 12.51 km/h

□□□□: 4:47 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 42 (of 236)

□□□□□□: 10:18:23

□□□□:

□□□□□: 33(of 156)

Männerstaffel

□□□□□□□: 10:18:23

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	
Grumbach	17.20	1:25:12	4:57	74	22:34	95	22:34	17.20	1:25:12	4:57	29	22:32	50	22:32
Schildwiese	20.10	1:27:22	4:20	35	19:26	49	21:00	37.30	2:52:34	4:37	29	40:00	50	40:00
Neuhaus	15.50	1:17:05	4:58	36	18:03	45	18:03	52.80	4:09:39	4:43	29	58:03	50	58:03
Masserberg	19.80	1:23:40	4:13	42	20:23	53	20:23	72.60	5:33:19	4:35	29	1:18:20	50	1:18:20
Allzunah	16.80	1:24:51	5:03	32	37:51	40	37:51	89.40	6:58:10	4:40	29	1:36:59	50	1:36:59
Grenzdler	19.80	1:35:16	4:48	58	21:26	83	23:27	109.20	8:33:26	4:42	29	1:58:25	50	1:58:25
Neue Ausspanne	13.80	1:11:12	5:09	80	20:58	95	20:58	123.00	9:44:38	4:45	29	2:19:05	50	2:19:05
Kleiner Inselsber	13.90	1:11:26	5:08	64	21:19	77	21:19	136.90	10:56:04	4:47	29	2:39:09	50	2:39:09
Hohe Sonne	19.70	1:30:38	4:36	51	23:08	70	23:08	156.60	12:26:42	4:46	29	3:02:17	50	3:02:17
Hörschel	14.70	1:13:23	4:59	51	19:25	60	19:25	171.30	13:40:05	4:47	33	3:21:42	42	3:21:42