



15. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 22.06.2013

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WSV Schmiedefeld

□□□: 13:47:24

□□: 105

□□: 12.40 km/h
□□□□: 4:50 min/km

□□: 171.30 km

Blankenstein-Hirschel

□□□□□: 48 (of 236)

□□□□□□: 10:18:23

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□□□□□: 38(of 156)

Männerstaffel

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Grumbach	17.20	1:26:54	5:03	87	24:16	115	24:16	17.20	1:26:54	5:03	36	24:14	57	24:14
Schildwiese	20.10	1:35:13	4:44	76	27:17	100	28:51	37.30	3:02:07	4:52	36	49:33	57	49:33
Neuhaus	15.50	1:12:31	4:40	16	13:29	20	13:29	52.80	4:14:38	4:49	36	1:03:02	57	1:03:02
Masserberg	19.80	1:17:17	3:54	10	14:00	18	14:00	72.60	5:31:55	4:34	36	1:16:56	57	1:16:56
Allzunah	16.80	1:17:06	4:35	9	30:06	12	30:06	89.40	6:49:01	4:34	36	1:27:50	57	1:27:50
Grenzdler	19.80	1:27:44	4:25	21	13:54	30	15:55	109.20	8:16:45	4:32	36	1:41:44	57	1:41:44
Neue Ausspanne	13.80	1:06:26	4:48	44	16:12	52	16:12	123.00	9:23:11	4:34	36	1:57:38	57	1:57:38
Kleiner Inselsber	13.90	1:15:01	5:23	91	24:54	110	24:54	136.90	10:38:12	4:39	36	2:21:17	57	2:21:17
Hohe Sonne	19.70	1:45:53	5:22	126	38:23	176	38:23	156.60	12:24:05	4:45	36	2:59:40	57	2:59:40
Hirschel	14.70	1:23:19	5:40	104	29:21	136	29:21	171.30	13:47:24	4:49	38	3:29:01	48	3:29:01