



15. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 22.06.2013

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Oßwald Skickas

□□□: 12:19:46

□□: 1

□□: 13.87 km/h

□□□□: 4:19 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 9 (of 236)

□□□□□□: 10:18:23

□□□□:

□□□□□: 1(of 16)

Frauenstaffel

□□□□□□□: 12:19:46

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|-------------------|-------|---------|--------|----|----|-----|-------|--------|----------|--------|----|----|-----|---------|
| | km | □□ | min/km | - | - | □□□ | □□□ | km | □□ | min/km | - | - | □□□ | □□□ |
| Grumbach | 17.20 | 1:11:35 | 4:09 | 1 | - | 15 | 8:57 | 17.20 | 1:11:35 | 4:09 | 1 | - | 237 | 8:55 |
| Schildwiese | 20.10 | 1:26:05 | 4:16 | 1 | - | 42 | 19:43 | 37.30 | 2:37:40 | 4:13 | 1 | - | 237 | 25:06 |
| Neuhaus | 15.50 | 1:12:14 | 4:39 | 1 | - | 19 | 13:12 | 52.80 | 3:49:54 | 4:21 | 1 | - | 237 | 38:18 |
| Masserberg | 19.80 | 1:16:33 | 3:51 | 1 | - | 16 | 13:16 | 72.60 | 5:06:27 | 4:13 | 1 | - | 237 | 51:28 |
| Allzunah | 16.80 | 1:21:24 | 4:50 | 1 | - | 21 | 34:24 | 89.40 | 6:27:51 | 4:20 | 1 | - | 237 | 1:06:40 |
| Grenzadler | 19.80 | 1:26:49 | 4:23 | 1 | - | 29 | 15:00 | 109.20 | 7:54:40 | 4:20 | 1 | - | 237 | 1:19:39 |
| Neue Ausspanne | 13.80 | 58:44 | 4:15 | 1 | - | 13 | 8:30 | 123.00 | 8:53:24 | 4:20 | 1 | - | 237 | 1:27:51 |
| Kleiner Inselsber | 13.90 | 1:00:51 | 4:22 | 1 | - | 14 | 10:44 | 136.90 | 9:54:15 | 4:20 | 1 | - | 237 | 1:37:20 |
| Hohe Sonne | 19.70 | 1:20:43 | 4:05 | 1 | - | 22 | 13:13 | 156.60 | 11:14:58 | 4:18 | 1 | - | 237 | 1:50:33 |
| Hörschel | 14.70 | 1:04:48 | 4:24 | 1 | - | 19 | 10:50 | 171.30 | 12:19:46 | 4:19 | 1 | - | 9 | 2:01:23 |