



15. Rennsteig-Staffellauf

Blankenstein bis Hürschel / 22.06.2013

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Schleizer Wisente

□□□: 14:49:30

□□: 37

□□: 11.53 km/h

□□□□: 5:11 min/km

□□: 171.30 km

Blankenstein-Hürschel

□□□□□: 107 (of 236)

□□□□□□: 10:18:23

□□□□:

□□□□□: 18(of 64)

Mixstaffel

□□□□□□□: 11:24:50

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:36:07	5:35	46	26:40	185	33:29	17.20	1:36:07	5:35	51	7:50	237	33:27
Schildwiese	20.10	1:28:58	4:25	16	22:36	63	22:36	37.30	3:05:05	4:57	51		237	52:31
Neuhaus	15.50	1:14:51	4:49	7	5:00	34	15:49	52.80	4:19:56	4:55	51		237	1:08:20
Masserberg	19.80	1:35:12	4:48	28	27:17	149	31:55	72.60	5:55:08	4:53	51		237	1:40:09
Allzunah	16.80	1:30:31	5:23	19	16:48	86	43:31	89.40	7:25:39	4:59	51		237	2:04:28
Grenzdler	19.80	1:32:22	4:39	15	20:33	57	20:33	109.20	8:58:01	4:55	51		237	2:23:00
Neue Ausspanne	13.80	1:16:09	5:31	22	20:02	136	25:55	123.00	10:14:10	4:59	51		237	2:48:37
Kleiner Inselsber	13.90	1:15:55	5:27	19	17:50	120	25:48	136.90	11:30:05	5:02	51		237	3:13:10
Hohe Sonne	19.70	1:43:16	5:14	37	33:27	161	35:46	156.60	13:13:21	5:03	51		237	3:48:56
Hürschel	14.70	1:36:09	6:32	53	35:28	204	42:11	171.30	14:49:30	5:11	18	3:24:40	107	4:31:07