



15. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 22.06.2013

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Laufteam Arnstadt powered by Schneider-Brey:22

□□: 89

□□: 13.77 km/h
 □□□□: 4:21 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 11 (of 236)

□□□□□□: 10:18:23

□□□□:

□□□□□: 3(of 64)

Mixstaffel

□□□□□□□: 11:24:50

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:11:01	4:07	4	1:34	12	8:23	17.20	1:11:01	4:07	35	-	237	8:21
Schildwiese	20.10	1:16:26	3:48	3	10:04	11	10:04	37.30	2:27:27	3:57	35	-	237	14:53
Neuhaus	15.50	1:12:56	4:42	4	3:05	23	13:54	52.80	3:40:23	4:10	35	-	237	28:47
Masserberg	19.80	1:12:27	3:39	4	4:32	12	9:10	72.60	4:52:50	4:02	35	-	237	37:51
Allzunah	16.80	1:32:25	5:30	22	18:42	105	45:25	89.40	6:25:15	4:18	35	-	237	1:04:04
Grenzadler	19.80	1:25:20	4:18	7	13:31	24	13:31	109.20	7:50:35	4:18	35	-	237	1:15:34
Neue Ausspanne	13.80	1:03:01	4:33	2	6:54	25	12:47	123.00	8:53:36	4:20	35	-	237	1:28:03
Kleiner Inselsber	13.90	58:05	4:10	1	-	8	7:58	136.90	9:51:41	4:19	35	-	237	1:34:46
Hohe Sonne	19.70	1:18:48	4:00	7	8:59	17	11:18	156.60	11:10:29	4:16	35	-	237	1:46:04
Hörschel	14.70	1:14:53	5:05	11	14:12	70	20:55	171.30	12:25:22	4:21	3	1:00:32	11	2:06:59