



15. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 22.06.2013

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Suhler Amtsschimmel

□□□: 15:30:14

□□: 88

□□: 11.03 km/h
□□□□: 5:26 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 155 (of 236)

□□□□□□: 10:18:23

□□□□:

□□□□□: 26(of 64)

Mixstaffel

□□□□□□□: 11:24:50

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:29:19	5:11	32	19:52	142	26:41	17.20	1:29:19	5:11	58	1:02	237	26:39
Schildwiese	20.10	1:26:37	4:18	13	20:15	45	20:15	37.30	2:55:56	4:43	58		86	43:22
Neuhaus	15.50	1:42:22	6:36	53	32:31	209	43:20	52.80	4:38:18	5:16	58		237	1:26:42
Masserberg	19.80	1:42:35	5:10	45	34:40	188	39:18	72.60	6:20:53	5:14	58		237	2:05:54
Allzunah	16.80	1:35:30	5:41	29	21:47	125	48:30	89.40	7:56:23	5:19	58		237	2:35:12
Grenzadler	19.80	1:52:51	5:41	48	41:02	193	41:02	109.20	9:49:14	5:23	58		237	3:14:13
Neue Ausspanne	13.80	1:20:41	5:50	33	24:34	171	30:27	123.00	11:09:55	5:26	58		237	3:44:22
Kleiner Inselsber	13.90	1:19:21	5:42	25	21:16	146	29:14	136.90	12:29:16	5:28	58		237	4:12:21
Hohe Sonne	19.70	1:41:48	5:10	34	31:59	152	34:18	156.60	14:11:04	5:26	58		237	4:46:39
Hörschel	14.70	1:19:10	5:23	20	18:29	105	25:12	171.30	15:30:14	5:25	26	4:05:24	155	5:11:51