



15. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 22.06.2013

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FPL-Team Schmeheim & Freunde

□□□: 14:32:53

□□: 140

□□: 11.75 km/h

□□□□: 5:06 min/km

□□: 171.30 km

Blankenstein-Hirschel

□□□□□: 87 (of 236)

□□□□□□: 10:18:23

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□□□□□: 69(of 156)

Männerstaffel

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Grumbach	17.20	1:48:10	6:17	152	45:32	223	45:32	17.20	1:48:10	6:17	67	45:30	98	45:30
Schildwiese	20.10	1:27:14	4:20	34	19:18	48	20:52	37.30	3:15:24	5:14	67	1:02:50	98	1:02:50
Neuhaus	15.50	1:13:12	4:43	21	14:10	26	14:10	52.80	4:28:36	5:05	67	1:17:00	98	1:17:00
Masserberg	19.80	1:30:49	4:35	84	27:32	108	27:32	72.60	5:59:25	4:57	67	1:44:26	98	1:44:26
Allzunah	16.80	1:28:36	5:16	54	41:36	69	41:36	89.40	7:28:01	5:00	67	2:06:50	98	2:06:50
Grenzdler	19.80	1:34:39	4:46	54	20:49	77	22:50	109.20	9:02:40	4:58	67	2:27:39	98	2:27:39
Neue Ausspanne	13.80	1:13:22	5:18	92	23:08	110	23:08	123.00	10:16:02	5:00	67	2:50:29	98	2:50:29
Kleiner Inselsber	13.90	1:16:43	5:31	103	26:36	124	26:36	136.90	11:32:45	5:03	67	3:15:50	98	3:15:50
Hohe Sonne	19.70	1:26:46	4:24	33	19:16	46	19:16	156.60	12:59:31	4:58	67	3:35:06	98	3:35:06
Hirschel	14.70	1:33:22	6:21	138	39:24	195	39:24	171.30	14:32:53	5:05	69	4:14:30	87	4:14:30