



12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

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X-Runners

□□: 213

□□: 171.30 km

Blankenstein-Hörschel

□□□□:

Männerstaffel

□□□: 11:15:49

□□: 15.18 km/h

□□□□: 3:57 min/km

□□□□□: 8 (of 217)

□□□□□□: 10:07:32

□□□□□: 8(of 139)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:10:07	4:04	15	8:42	17	8:42	17.20	1:10:07	4:04	8	8:20	10	8:20
Schildwiese	20.10	1:20:19	3:59	15	16:04	22	16:04	37.30	2:30:26	4:01	8	21:10	10	21:10
Neuhaus/ Gewerl	15.50	1:07:51	4:22	10	7:28	12	7:28	52.80	3:38:17	4:08	8	27:28	10	27:28
Triniusstein	21.60	1:24:52	3:55	9	10:48	12	10:48	74.40	5:03:09	4:04	8	36:32	10	36:32
Allzunah	15.00	1:00:59	4:03	16	12:41	17	12:41	89.40	6:04:08	4:04	8	49:13	10	49:13
Grenzadler	19.80	1:19:17	4:00	8	10:02	12	10:02	109.20	7:23:25	4:03	8	53:55	10	53:55
Nesselberg	13.80	48:38	3:31	1	-	1	-	123.00	8:12:03	4:00	8	53:35	10	53:35
Kleiner Inselsber	13.90	53:54	3:52	5	2:42	5	2:42	136.90	9:05:57	3:59	8	56:17	10	56:17
Hohe Sonne	19.70	1:12:56	3:42	6	7:12	7	7:12	156.60	10:18:53	3:57	8	1:00:49	10	1:00:49
Hörschel	14.70	56:56	3:52	6	7:28	6	7:28	171.30	11:15:49	3:56	8	1:08:17	8	1:08:17