



12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

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Rapunzel-Racer

□□□: 14:10:13

□□: 219

□□: 12.07 km/h
□□□□: 4:58 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 84 (of 217)

□□□□□□: 10:07:32

□□□□:

□□□□□: 68(of 139)

Männerstaffel

□□□□□□□: 10:07:32

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Grumbach | 17.20 | 1:19:38 | 4:37 | 55 | 18:13 | 73 | 18:13 | 17.20 | 1:19:38 | 4:37 | 68 | 17:51 | 101 | 17:51 |
| Schildwiese | 20.10 | 1:26:48 | 4:19 | 39 | 22:33 | 53 | 22:33 | 37.30 | 2:46:26 | 4:27 | 68 | 37:10 | 101 | 37:10 |
| Neuhaus/ Gewerl | 15.50 | 1:32:40 | 5:58 | 110 | 32:17 | 152 | 32:17 | 52.80 | 4:19:06 | 4:54 | 68 | 1:08:17 | 101 | 1:08:17 |
| Triniusstein | 21.60 | 1:47:41 | 4:59 | 84 | 33:37 | 115 | 33:37 | 74.40 | 6:06:47 | 4:55 | 68 | 1:40:10 | 101 | 1:40:10 |
| Allzunah | 15.00 | 1:04:31 | 4:18 | 33 | 16:13 | 35 | 16:13 | 89.40 | 7:11:18 | 4:49 | 68 | 1:56:23 | 101 | 1:56:23 |
| Grenzadler | 19.80 | 1:38:42 | 4:59 | 73 | 29:27 | 106 | 29:27 | 109.20 | 8:50:00 | 4:51 | 68 | 2:20:30 | 101 | 2:20:30 |
| Nesselberg | 13.80 | 1:16:03 | 5:30 | 113 | 27:25 | 149 | 27:25 | 123.00 | 10:06:03 | 4:55 | 68 | 2:47:35 | 101 | 2:47:35 |
| Kleiner Inselsber | 13.90 | 1:14:53 | 5:23 | 88 | 23:41 | 114 | 23:41 | 136.90 | 11:20:56 | 4:58 | 68 | 3:11:16 | 101 | 3:11:16 |
| Hohe Sonne | 19.70 | 1:36:40 | 4:54 | 81 | 30:56 | 111 | 30:56 | 156.60 | 12:57:36 | 4:57 | 68 | 3:39:32 | 101 | 3:39:32 |
| Hörschel | 14.70 | 1:12:37 | 4:56 | 53 | 23:09 | 66 | 23:09 | 171.30 | 14:10:13 | 4:57 | 68 | 4:02:41 | 84 | 4:02:41 |