



12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

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Katholische Laufjugend Arnstadt

□□□: 14:12:24

□□: 143

□□: 12.04 km/h

□□□□: 4:59 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 86 (of 217)

□□□□□□: 10:07:32

□□□□:

□□□□□: 69(of 139)

Männerstaffel

□□□□□□□: 10:07:32

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:21:50	4:45	69	20:25	96	20:25	17.20	1:21:50	4:45	69	20:03	103	20:03
Schildwiese	20.10	1:23:22	4:08	25	19:07	37	19:07	37.30	2:45:12	4:25	69	35:56	103	35:56
Neuhaus/ Gewerl	15.50	1:25:06	5:29	76	24:43	97	24:43	52.80	4:10:18	4:44	69	59:29	103	59:29
Triniusstein	21.60	1:52:14	5:11	101	38:10	140	38:10	74.40	6:02:32	4:52	69	1:35:55	103	1:35:55
Allzunah	15.00	1:13:21	4:53	82	25:03	109	25:03	89.40	7:15:53	4:52	69	2:00:58	103	2:00:58
Grenzadler	19.80	1:42:28	5:10	95	33:13	139	33:13	109.20	8:58:21	4:55	69	2:28:51	103	2:28:51
Nesselberg	13.80	1:11:24	5:10	84	22:46	101	22:46	123.00	10:09:45	4:57	69	2:51:17	103	2:51:17
Kleiner Inselsber	13.90	1:13:44	5:18	83	22:32	102	22:32	136.90	11:23:29	4:59	69	3:13:49	103	3:13:49
Hohe Sonne	19.70	1:32:40	4:42	61	26:56	81	26:56	156.60	12:56:09	4:57	69	3:38:05	103	3:38:05
Hörschel	14.70	1:16:15	5:11	73	26:47	92	26:47	171.30	14:12:24	4:58	69	4:04:52	86	4:04:52