



12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

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rasende Faultiere

□□□: 14:13:11

□□: 94

□□: 12.05 km/h
□□□□: 4:59 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 88 (of 217)

□□□□□□: 10:07:32

□□□□:

□□□□□: 70(of 139)

Männerstaffel

□□□□□□: 10:07:32

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Grumbach	17.20	1:22:25	4:47	75	21:00	103	21:00	17.20	1:22:25	4:47	70	20:38	105	20:38
Schildwiese	20.10	1:40:39	5:00	97	36:24	143	36:24	37.30	3:03:04	4:54	70	53:48	105	53:48
Neuhaus/ Gewerl	15.50	1:18:08	5:02	49	17:45	59	17:45	52.80	4:21:12	4:56	70	1:10:23	105	1:10:23
Triniusstein	21.60	1:37:44	4:31	38	23:40	51	23:40	74.40	5:58:56	4:49	70	1:32:19	105	1:32:19
Allzunah	15.00	1:10:16	4:41	68	21:58	82	21:58	89.40	7:09:12	4:48	70	1:54:17	105	1:54:17
Grenzadler	19.80	1:32:15	4:39	35	23:00	53	23:00	109.20	8:41:27	4:46	70	2:11:57	105	2:11:57
Nesselberg	13.80	1:24:07	6:05	133	35:29	192	35:29	123.00	10:05:34	4:55	70	2:47:06	105	2:47:06
Kleiner Inselsber	13.90	1:08:30	4:55	54	17:18	62	17:18	136.90	11:14:04	4:55	70	3:04:24	105	3:04:24
Hohe Sonne	19.70	1:31:09	4:37	49	25:25	67	25:25	156.60	12:45:13	4:53	70	3:27:09	105	3:27:09
Hörschel	14.70	1:27:58	5:59	119	38:30	170	38:30	171.30	14:13:11	4:58	70	4:05:39	88	4:05:39