



12. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 19.06.2010

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Sportteam-STEINBACH Meiningen

□□□: 12:28:13

□□: 16

□□: 13.71 km/h

□□□□: 4:22 min/km

□□: 171.30 km

Blankenstein-Hirschel

□□□□□: 15 (of 217)

□□□□□□: 10:07:32

□□□□:

□□□□□: 3(of 66)

Mixstaffel

□□□□□□□: 11:43:48

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Grumbach	17.20	1:11:20	4:08	3	3:48	22	9:55	17.20	1:11:20	4:08	49	-	218	9:33
Schildwiese	20.10	1:13:07	3:38	1	-	8	8:52	37.30	2:24:27	3:52	49	-	218	15:11
Neuhaus/ Gewerl	15.50	1:20:58	5:13	12	16:17	71	20:35	52.80	3:45:25	4:16	49	-	218	34:36
Triniusstein	21.60	1:24:57	3:55	4	6:20	13	10:53	74.40	5:10:22	4:10	49	-	218	43:45
Allzunah	15.00	1:09:49	4:39	12	11:23	76	21:31	89.40	6:20:11	4:15	49	-	218	1:05:16
Grenzadler	19.80	1:17:13	3:53	2	3:10	7	7:58	109.20	7:37:24	4:11	49	-	218	1:07:54
Nesselberg	13.80	1:10:17	5:05	11	10:09	87	21:39	123.00	8:47:41	4:17	49	-	218	1:29:13
Kleiner Inselsber	13.90	1:15:19	5:25	27	19:28	119	24:07	136.90	10:03:00	4:24	49	-	218	1:53:20
Hohe Sonne	19.70	1:15:57	3:51	3	3:20	13	10:13	156.60	11:18:57	4:20	49	-	218	2:00:53
Hirschel	14.70	1:09:16	4:42	7	6:22	45	19:48	171.30	12:28:13	4:22	3	44:25	15	2:20:41