



12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

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ilm runners

□□□: 14:17:34

□□: 198

□□: 11.96 km/h

□□□□: 5:01 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 92 (of 217)

□□□□□□: 10:07:32

□□□□:

□□□□□: 73(of 139)

Männerstaffel

□□□□□□□: 10:07:32

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Grumbach	17.20	1:09:51	4:03	14	8:26	16	8:26	17.20	1:09:51	4:03	73	8:04	110	8:04
Schildwiese	20.10	1:46:37	5:18	119	42:22	175	42:22	37.30	2:56:28	4:43	73	47:12	110	47:12
Neuhaus/ Gewerl	15.50	1:40:02	6:27	129	39:39	188	39:39	52.80	4:36:30	5:14	73	1:25:41	110	1:25:41
Triniusstein	21.60	1:46:22	4:55	78	32:18	107	32:18	74.40	6:22:52	5:08	73	1:56:15	110	1:56:15
Allzunah	15.00	1:16:15	5:04	111	27:57	145	27:57	89.40	7:39:07	5:08	73	2:24:12	110	2:24:12
Grenzadler	19.80	1:37:58	4:56	67	28:43	100	28:43	109.20	9:17:05	5:06	73	2:47:35	110	2:47:35
Nesselberg	13.80	1:04:07	4:38	37	15:29	40	15:29	123.00	10:21:12	5:03	73	3:02:44	110	3:02:44
Kleiner Inselsber	13.90	1:16:01	5:28	96	24:49	126	24:49	136.90	11:37:13	5:05	73	3:27:33	110	3:27:33
Hohe Sonne	19.70	1:33:40	4:45	68	27:56	90	27:56	156.60	13:10:53	5:03	73	3:52:49	110	3:52:49
Hörschel	14.70	1:06:41	4:32	21	17:13	24	17:13	171.30	14:17:34	5:00	73	4:10:02	92	4:10:02