



12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

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Stetzerbecher Läufer

□□□: 15:18:26

□□: 32

□□: 11.17 km/h
□□□□: 5:22 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 153 (of 217)

□□□□□□: 10:07:32

□□□□:

□□□□□: 33(of 66)

Mixstaffel

□□□□□□□: 11:43:48

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Grumbach | 17.20 | 1:34:05 | 5:28 | 53 | 26:33 | 184 | 32:40 | 17.20 | 1:34:05 | 5:28 | 66 | 9:45 | 218 | 32:18 |
| Schildwiese | 20.10 | 1:37:34 | 4:51 | 41 | 24:27 | 132 | 33:19 | 37.30 | 3:11:39 | 5:08 | 66 | 25:48 | 218 | 1:02:23 |
| Neuhaus/ Gewerl | 15.50 | 1:39:18 | 6:24 | 52 | 34:37 | 185 | 38:55 | 52.80 | 4:50:57 | 5:30 | 66 | 28:54 | 218 | 1:40:08 |
| Triniusstein | 21.60 | 1:39:54 | 4:37 | 17 | 21:17 | 64 | 25:50 | 74.40 | 6:30:51 | 5:15 | 66 | 1:14 | 218 | 2:04:14 |
| Allzunah | 15.00 | 1:20:33 | 5:22 | 42 | 22:07 | 170 | 32:15 | 89.40 | 7:51:24 | 5:16 | 66 | | 218 | 2:36:29 |
| Grenzadler | 19.80 | 1:33:08 | 4:42 | 20 | 19:05 | 58 | 23:53 | 109.20 | 9:24:32 | 5:10 | 66 | | 167 | 2:55:02 |
| Nesselberg | 13.80 | 1:35:19 | 6:54 | 64 | 35:11 | 213 | 46:41 | 123.00 | 10:59:51 | 5:21 | 66 | | 218 | 3:41:23 |
| Kleiner Inselsber | 13.90 | 1:19:22 | 5:42 | 35 | 23:31 | 148 | 28:10 | 136.90 | 12:19:13 | 5:23 | 66 | | 218 | 4:09:33 |
| Hohe Sonne | 19.70 | 1:33:54 | 4:45 | 22 | 21:17 | 92 | 28:10 | 156.60 | 13:53:07 | 5:19 | 66 | | 218 | 4:35:03 |
| Hörschel | 14.70 | 1:25:19 | 5:48 | 31 | 22:25 | 154 | 35:51 | 171.30 | 15:18:26 | 5:21 | 33 | 3:34:38 | 153 | 5:10:54 |