



12. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 19.06.2010

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Die Tonnados

□□□: 15:19:09

□□: 27

□□: 11.18 km/h
□□□□: 5:22 min/km

□□: 171.30 km

Blankenstein-Hirschel

□□□□□: 154 (of 217)

□□□□□□: 10:07:32

□□□□:

□□□□□: 34(of 66)

Mixstaffel

□□□□□□□: 11:43:48

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Grumbach | 17.20 | 1:32:48 | 5:23 | 51 | 25:16 | 180 | 31:23 | 17.20 | 1:32:48 | 5:23 | 18 | 8:28 | 218 | 31:01 |
| Schildwiese | 20.10 | 1:28:39 | 4:24 | 17 | 15:32 | 62 | 24:24 | 37.30 | 3:01:27 | 4:51 | 18 | 15:36 | 218 | 52:11 |
| Neuhaus/ Gewerl | 15.50 | 1:41:50 | 6:34 | 54 | 37:09 | 191 | 41:27 | 52.80 | 4:43:17 | 5:21 | 18 | 21:14 | 218 | 1:32:28 |
| Triniusstein | 21.60 | 1:44:41 | 4:50 | 27 | 26:04 | 98 | 30:37 | 74.40 | 6:27:58 | 5:12 | 18 | | 218 | 2:01:21 |
| Allzunah | 15.00 | 1:09:56 | 4:39 | 13 | 11:30 | 78 | 21:38 | 89.40 | 7:37:54 | 5:07 | 18 | | 218 | 2:22:59 |
| Grenzadler | 19.80 | 1:52:03 | 5:39 | 48 | 38:00 | 180 | 42:48 | 109.20 | 9:29:57 | 5:13 | 18 | | 218 | 3:00:27 |
| Nesselberg | 13.80 | 1:17:08 | 5:35 | 34 | 17:00 | 155 | 28:30 | 123.00 | 10:47:05 | 5:15 | 18 | | 218 | 3:28:37 |
| Kleiner Inselsber | 13.90 | 1:14:20 | 5:20 | 20 | 18:29 | 107 | 23:08 | 136.90 | 12:01:25 | 5:16 | 18 | | 218 | 3:51:45 |
| Hohe Sonne | 19.70 | 1:46:53 | 5:25 | 48 | 34:16 | 171 | 41:09 | 156.60 | 13:48:18 | 5:17 | 18 | | 218 | 4:30:14 |
| Hirschel | 14.70 | 1:30:51 | 6:10 | 44 | 27:57 | 179 | 41:23 | 171.30 | 15:19:09 | 5:21 | 34 | 3:35:21 | 154 | 5:11:37 |