



12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

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Tambacher Skijäger

□□□: 14:19:49

□□: 186

□□: 11.93 km/h

□□□□: 5:01 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 93 (of 217)

□□□□□□: 10:07:32

□□□□:

□□□□□: 74(of 139)

Männerstaffel

□□□□□□□: 10:07:32

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Grumbach	17.20	1:31:17	5:18	119	29:52	170	29:52	17.20	1:31:17	5:18	74	29:30	113	29:30
Schildwiese	20.10	1:41:07	5:01	100	36:52	146	36:52	37.30	3:12:24	5:09	74	1:03:08	113	1:03:08
Neuhaus/ Gewerl	15.50	1:17:13	4:58	46	16:50	55	16:50	52.80	4:29:37	5:06	74	1:18:48	113	1:18:48
Triniusstein	21.60	1:55:48	5:21	110	41:44	156	41:44	74.40	6:25:25	5:10	74	1:58:48	113	1:58:48
Allzunah	15.00	1:08:23	4:33	52	20:05	63	20:05	89.40	7:33:48	5:04	74	2:18:53	113	2:18:53
Grenzadler	19.80	1:38:08	4:57	70	28:53	103	28:53	109.20	9:11:56	5:03	74	2:42:26	113	2:42:26
Nesselberg	13.80	1:14:05	5:22	106	25:27	133	25:27	123.00	10:26:01	5:05	74	3:07:33	113	3:07:33
Kleiner Inselsber	13.90	1:04:13	4:37	33	13:01	35	13:01	136.90	11:30:14	5:02	74	3:20:34	113	3:20:34
Hohe Sonne	19.70	1:36:14	4:53	79	30:30	108	30:30	156.60	13:06:28	5:01	74	3:48:24	113	3:48:24
Hörschel	14.70	1:13:21	4:59	57	23:53	70	23:53	171.30	14:19:49	5:01	74	4:12:17	93	4:12:17