



12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

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Lauffeuer Fröttstädt

□□□: 14:27:17

□□: 185

□□: 11.83 km/h

□□□□: 5:04 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 102 (of 217)

□□□□□□: 10:07:32

□□□□:

□□□□□: 79(of 139)

Männerstaffel

□□□□□□□: 10:07:32

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|-------------------|-------|---------|--------|-----|-------|-----|-------|--------|----------|--------|----|---------|-----|---------|
| | km | □□ | min/km | - | - | □□□ | □□□ | km | □□ | min/km | - | - | □□□ | □□□ |
| Grumbach | 17.20 | 1:12:21 | 4:12 | 24 | 10:56 | 28 | 10:56 | 17.20 | 1:12:21 | 4:12 | 79 | 10:34 | 120 | 10:34 |
| Schildwiese | 20.10 | 1:44:13 | 5:11 | 112 | 39:58 | 165 | 39:58 | 37.30 | 2:56:34 | 4:44 | 79 | 47:18 | 120 | 47:18 |
| Neuhaus/ Gewerl | 15.50 | 1:25:10 | 5:29 | 77 | 24:47 | 98 | 24:47 | 52.80 | 4:21:44 | 4:57 | 79 | 1:10:55 | 120 | 1:10:55 |
| Triniusstein | 21.60 | 1:47:12 | 4:57 | 82 | 33:08 | 112 | 33:08 | 74.40 | 6:08:56 | 4:57 | 79 | 1:42:19 | 120 | 1:42:19 |
| Allzunah | 15.00 | 1:18:11 | 5:12 | 119 | 29:53 | 159 | 29:53 | 89.40 | 7:27:07 | 5:00 | 79 | 2:12:12 | 120 | 2:12:12 |
| Grenzadler | 19.80 | 1:31:16 | 4:36 | 29 | 22:01 | 45 | 22:01 | 109.20 | 8:58:23 | 4:55 | 79 | 2:28:53 | 120 | 2:28:53 |
| Nesselberg | 13.80 | 1:06:26 | 4:48 | 53 | 17:48 | 58 | 17:48 | 123.00 | 10:04:49 | 4:55 | 79 | 2:46:21 | 120 | 2:46:21 |
| Kleiner Inselsber | 13.90 | 1:17:24 | 5:34 | 105 | 26:12 | 140 | 26:12 | 136.90 | 11:22:13 | 4:58 | 79 | 3:12:33 | 120 | 3:12:33 |
| Hohe Sonne | 19.70 | 1:30:55 | 4:36 | 46 | 25:11 | 63 | 25:11 | 156.60 | 12:53:08 | 4:56 | 79 | 3:35:04 | 120 | 3:35:04 |
| Hörschel | 14.70 | 1:34:09 | 6:24 | 130 | 44:41 | 191 | 44:41 | 171.30 | 14:27:17 | 5:03 | 79 | 4:19:45 | 102 | 4:19:45 |