



12. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 19.06.2010

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Mühlhäuser Laufcombo

□□□: 14:27:53

□□: 173

□□: 11.82 km/h

□□□□: 5:04 min/km

□□: 171.30 km

Blankenstein-Hirschel

□□□□□: 103 (of 217)

□□□□□□: 10:07:32

□□□□:

□□□□□: 80(of 139)

Männerstaffel

□□□□□□□: 10:07:32

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:19:55	4:38	58	18:30	77	18:30	17.20	1:19:55	4:38	80	18:08	121	18:08
Schildwiese	20.10	1:33:16	4:38	72	29:01	101	29:01	37.30	2:53:11	4:38	80	43:55	121	43:55
Neuhaus/ Gewerl	15.50	1:23:18	5:22	64	22:55	84	22:55	52.80	4:16:29	4:51	80	1:05:40	121	1:05:40
Triniusstein	21.60	1:46:21	4:55	77	32:17	106	32:17	74.40	6:02:50	4:52	80	1:36:13	121	1:36:13
Allzunah	15.00	1:16:20	5:05	113	28:02	147	28:02	89.40	7:19:10	4:54	80	2:04:15	121	2:04:15
Grenzadler	19.80	1:42:23	5:10	94	33:08	138	33:08	109.20	9:01:33	4:57	80	2:32:03	121	2:32:03
Nesselberg	13.80	1:00:22	4:22	17	11:44	18	11:44	123.00	10:01:55	4:53	80	2:43:27	121	2:43:27
Kleiner Inselsber	13.90	1:04:58	4:40	38	13:46	40	13:46	136.90	11:06:53	4:52	80	2:57:13	121	2:57:13
Hohe Sonne	19.70	1:44:36	5:18	109	38:52	160	38:52	156.60	12:51:29	4:55	80	3:33:25	121	3:33:25
Hirschel	14.70	1:36:24	6:33	133	46:56	202	46:56	171.30	14:27:53	5:03	80	4:20:21	103	4:20:21