



12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

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LSV Unstrut-Hainich e.V

□□□: 14:31:53

□□: 125

□□: 11.77 km/h
□□□□: 5:05 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 108 (of 217)

□□□□□□: 10:07:32

□□□□:

□□□□□: 84(of 139)

Männerstaffel

□□□□□□□: 10:07:32

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Grumbach | 17.20 | 1:25:33 | 4:58 | 101 | 24:08 | 137 | 24:08 | 17.20 | 1:25:33 | 4:58 | 84 | 23:46 | 127 | 23:46 |
| Schildwiese | 20.10 | 1:54:41 | 5:42 | 133 | 50:26 | 198 | 50:26 | 37.30 | 3:20:14 | 5:22 | 84 | 1:10:58 | 127 | 1:10:58 |
| Neuhaus/ Gewerl | 15.50 | 1:31:14 | 5:53 | 106 | 30:51 | 144 | 30:51 | 52.80 | 4:51:28 | 5:31 | 84 | 1:40:39 | 127 | 1:40:39 |
| Triniusstein | 21.60 | 1:49:59 | 5:05 | 95 | 35:55 | 129 | 35:55 | 74.40 | 6:41:27 | 5:23 | 84 | 2:14:50 | 127 | 2:14:50 |
| Allzunah | 15.00 | 1:10:19 | 4:41 | 69 | 22:01 | 83 | 22:01 | 89.40 | 7:51:46 | 5:16 | 84 | 2:36:51 | 127 | 2:36:51 |
| Grenzadler | 19.80 | 1:44:37 | 5:17 | 104 | 35:22 | 149 | 35:22 | 109.20 | 9:36:23 | 5:16 | 84 | 3:06:53 | 127 | 3:06:53 |
| Nesselberg | 13.80 | 1:01:54 | 4:29 | 21 | 13:16 | 22 | 13:16 | 123.00 | 10:38:17 | 5:11 | 84 | 3:19:49 | 127 | 3:19:49 |
| Kleiner Inselsber | 13.90 | 1:05:17 | 4:41 | 39 | 14:05 | 41 | 14:05 | 136.90 | 11:43:34 | 5:08 | 84 | 3:33:54 | 127 | 3:33:54 |
| Hohe Sonne | 19.70 | 1:38:43 | 5:00 | 88 | 32:59 | 123 | 32:59 | 156.60 | 13:22:17 | 5:07 | 84 | 4:04:13 | 127 | 4:04:13 |
| Hörschel | 14.70 | 1:09:36 | 4:44 | 38 | 20:08 | 46 | 20:08 | 171.30 | 14:31:53 | 5:05 | 84 | 4:24:21 | 108 | 4:24:21 |