



# 12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

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REHA am Kreuz Erfurt

□□□: 15:32:19

□□: 77

□□: - km/h  
□□□□: 5:26 min/km

Enduro E Bike

□□□□□: 163 (of 217)

□□□□□□: 10:07:32

□□□□:

□□□□□: 39(of 66)

Mixstaffel

□□□□□□□: 11:43:48

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□□□□

□□□

| □□□               | □□<br>km | □□<br>□□ min/km | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ | □□□     | □□□    | □□□      | □□   | □□ | □□      | □□  | □□      |
|-------------------|----------|-----------------|---------|---------|-----------|-----------|---------|--------|----------|------|----|---------|-----|---------|
| Grumbach          | 17.20    | 1:16:32         | 4:26    | 12      | 9:00      | 50        | 15:07   | 17.20  | 1:16:32  | 4:26 | 13 |         | 218 | 14:45   |
| Schildwiese       | 20.10    | 2:09:36         | 6:26    | 65      | 56:29     | 215       | 1:05:21 | 37.30  | 3:26:08  | 5:31 | 13 | 40:17   | 218 | 1:16:52 |
| Neuhaus/ Gewerl   | 15.50    | 1:35:10         | 6:08    | 43      | 30:29     | 167       | 34:47   | 52.80  | 5:01:18  | 5:42 | 13 | 39:15   | 218 | 1:50:29 |
| Triniusstein      | 21.60    | 2:14:16         | 6:12    | 61      | 55:39     | 206       | 1:00:12 | 74.40  | 7:15:34  | 5:51 | 13 | 45:57   | 218 | 2:48:57 |
| Allzunah          | 15.00    | 1:11:44         | 4:46    | 18      | 13:18     | 92        | 23:26   | 89.40  | 8:27:18  | 5:40 | 13 | 31:40   | 218 | 3:12:23 |
| Grenzadler        | 19.80    | 1:32:06         | 4:39    | 18      | 18:03     | 51        | 22:51   | 109.20 | 9:59:24  | 5:29 | 13 | 0:25    | 218 | 3:29:54 |
| Nesselberg        | 13.80    | 1:31:33         | 6:38    | 61      | 31:25     | 209       | 42:55   | 123.00 | 11:30:57 | 5:37 | 13 | 16:04   | 218 | 4:12:29 |
| Kleiner Inselsber | 13.90    | 1:19:07         | 5:41    | 34      | 23:16     | 147       | 27:55   | 136.90 | 12:50:04 | 5:37 | 13 | 14:03   | 218 | 4:40:24 |
| Hohe Sonne        | 19.70    | 1:28:24         | 4:29    | 15      | 15:47     | 50        | 22:40   | 156.60 | 14:18:28 | 5:28 | 13 | 7:14    | 218 | 5:00:24 |
| Hörschel          | 14.70    | 1:13:51         | 5:01    | 12      | 10:57     | 74        | 24:23   | -      | 15:32:19 | -    | 39 | 3:48:31 | 163 | 5:24:47 |