



12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

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Hainich-Wildkatzen

□□□: 12:08:19

□□: 126

□□: 14.09 km/h

□□□□: 4:15 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 11 (of 217)

□□□□□□: 10:07:32

□□□□:

□□□□□: 9(of 139)

Männerstaffel

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Grumbach	17.20	1:16:57	4:28	41	15:32	54	15:32	17.20	1:16:57	4:28	9	15:10	13	15:10
Schildwiese	20.10	1:20:35	4:00	16	16:20	25	16:20	37.30	2:37:32	4:13	9	28:16	13	28:16
Neuhaus/ Gewerl	15.50	1:09:16	4:28	15	8:53	17	8:53	52.80	3:46:48	4:17	9	35:59	13	35:59
Triniusstein	21.60	1:31:00	4:12	17	16:56	25	16:56	74.40	5:17:48	4:16	9	51:11	13	51:11
Allzunah	15.00	1:00:23	4:01	15	12:05	16	12:05	89.40	6:18:11	4:13	9	1:03:16	13	1:03:16
Grenzadler	19.80	1:23:16	4:12	12	14:01	17	14:01	109.20	7:41:27	4:13	9	1:11:57	13	1:11:57
Nesselberg	13.80	52:27	3:48	8	3:49	8	3:49	123.00	8:33:54	4:10	9	1:15:26	13	1:15:26
Kleiner Inselsber	13.90	1:06:18	4:46	45	15:06	49	15:06	136.90	9:40:12	4:14	9	1:30:32	13	1:30:32
Hohe Sonne	19.70	1:19:48	4:03	16	14:04	19	14:04	156.60	11:00:00	4:12	9	1:41:56	13	1:41:56
Hörschel	14.70	1:08:19	4:38	30	18:51	35	18:51	171.30	12:08:19	4:15	9	2:00:47	11	2:00:47