



12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

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Thüringer Allgemeine

□□□: 14:33:44

□□: 96

□□: 11.74 km/h

□□□□: 5:06 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 111 (of 217)

□□□□□□: 10:07:32

□□□□:

□□□□□: 86(of 139)

Männerstaffel

□□□□□□□: 10:07:32

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| □□□ | □□ km | □□ □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ | □□ | □□ | □□ | |
|-------------------|----------|-----------------|---------|---------|-----------|-----------|-------|--------|----------|------|----|---------|-----|---------|
| Grumbach | 17.20 | 1:43:24 | 6:00 | 135 | 41:59 | 206 | 41:59 | 17.20 | 1:43:24 | 6:00 | 86 | 41:37 | 130 | 41:37 |
| Schildwiese | 20.10 | 1:32:42 | 4:36 | 66 | 28:27 | 93 | 28:27 | 37.30 | 3:16:06 | 5:15 | 86 | 1:06:50 | 130 | 1:06:50 |
| Neuhaus/ Gewerl | 15.50 | 1:10:00 | 4:30 | 17 | 9:37 | 19 | 9:37 | 52.80 | 4:26:06 | 5:02 | 86 | 1:15:17 | 130 | 1:15:17 |
| Triniusstein | 21.60 | 1:44:17 | 4:49 | 67 | 30:13 | 93 | 30:13 | 74.40 | 6:10:23 | 4:58 | 86 | 1:43:46 | 130 | 1:43:46 |
| Allzunah | 15.00 | 1:16:47 | 5:07 | 114 | 28:29 | 149 | 28:29 | 89.40 | 7:27:10 | 5:00 | 86 | 2:12:15 | 130 | 2:12:15 |
| Grenzadler | 19.80 | 1:48:31 | 5:28 | 118 | 39:16 | 168 | 39:16 | 109.20 | 9:15:41 | 5:05 | 86 | 2:46:11 | 130 | 2:46:11 |
| Nesselberg | 13.80 | 1:12:53 | 5:16 | 92 | 24:15 | 115 | 24:15 | 123.00 | 10:28:34 | 5:06 | 86 | 3:10:06 | 130 | 3:10:06 |
| Kleiner Inselsber | 13.90 | 1:09:15 | 4:58 | 58 | 18:03 | 68 | 18:03 | 136.90 | 11:37:49 | 5:05 | 86 | 3:28:09 | 130 | 3:28:09 |
| Hohe Sonne | 19.70 | 1:48:04 | 5:29 | 117 | 42:20 | 175 | 42:20 | 156.60 | 13:25:53 | 5:08 | 86 | 4:07:49 | 130 | 4:07:49 |
| Hörschel | 14.70 | 1:07:51 | 4:36 | 26 | 18:23 | 30 | 18:23 | 171.30 | 14:33:44 | 5:06 | 86 | 4:26:12 | 111 | 4:26:12 |