



12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

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LG Hallerstein-Schwarzenbach/S.

□□□: 14:35:48

□□: 160

□□: 11.72 km/h

□□□□: 5:07 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 115 (of 217)

□□□□□□: 10:07:32

□□□□:

□□□□□: 90(of 139)

Männerstaffel

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Grumbach	17.20	1:09:16	4:01	11	7:51	13	7:51	17.20	1:09:16	4:01	90	7:29	134	7:29
Schildwiese	20.10	1:28:35	4:24	45	24:20	61	24:20	37.30	2:37:51	4:13	90	28:35	134	28:35
Neuhaus/ Gewerl	15.50	2:10:15	8:24	139	1:09:52	217	1:09:52	52.80	4:48:06	5:27	90	1:37:17	134	1:37:17
Triniusstein	21.60	1:37:31	4:30	35	23:27	48	23:27	74.40	6:25:37	5:10	90	1:59:00	134	1:59:00
Allzunah	15.00	1:15:58	5:03	104	27:40	137	27:40	89.40	7:41:35	5:09	90	2:26:40	134	2:26:40
Grenzadler	19.80	1:49:35	5:32	122	40:20	173	40:20	109.20	9:31:10	5:13	90	3:01:40	134	3:01:40
Nesselberg	13.80	1:05:57	4:46	49	17:19	54	17:19	123.00	10:37:07	5:10	90	3:18:39	134	3:18:39
Kleiner Inselsber	13.90	1:17:34	5:34	106	26:22	142	26:22	136.90	11:54:41	5:13	90	3:45:01	134	3:45:01
Hohe Sonne	19.70	1:26:15	4:22	27	20:31	39	20:31	156.60	13:20:56	5:06	90	4:02:52	134	4:02:52
Hörschel	14.70	1:14:52	5:05	64	25:24	80	25:24	171.30	14:35:48	5:06	90	4:28:16	115	4:28:16