



12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

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SEA Runners

□□□: 14:43:28

□□: 172

□□: 11.61 km/h
□□□□: 5:10 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 119 (of 217)

□□□□□□: 10:07:32

□□□□:

Männerstaffel

□□□□□: 93(of 139)

□□□□□□□: 10:07:32

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Grumbach	17.20	1:27:41	5:05	107	26:16	150	26:16	17.20	1:27:41	5:05	93	25:54	140	25:54
Schildwiese	20.10	1:42:21	5:05	107	38:06	156	38:06	37.30	3:10:02	5:05	93	1:00:46	140	1:00:46
Neuhaus/ Gewerl	15.50	1:28:46	5:43	95	28:23	128	28:23	52.80	4:38:48	5:16	93	1:27:59	140	1:27:59
Triniusstein	21.60	1:50:55	5:08	97	36:51	132	36:51	74.40	6:29:43	5:14	93	2:03:06	140	2:03:06
Allzunah	15.00	1:11:57	4:47	74	23:39	95	23:39	89.40	7:41:40	5:09	93	2:26:45	140	2:26:45
Grenzadler	19.80	1:40:58	5:05	86	31:43	126	31:43	109.20	9:22:38	5:09	93	2:53:08	140	2:53:08
Nesselberg	13.80	1:13:00	5:17	93	24:22	116	24:22	123.00	10:35:38	5:10	93	3:17:10	140	3:17:10
Kleiner Inselsber	13.90	1:21:41	5:52	121	30:29	171	30:29	136.90	11:57:19	5:14	93	3:47:39	140	3:47:39
Hohe Sonne	19.70	1:34:10	4:46	70	28:26	93	28:26	156.60	13:31:29	5:10	93	4:13:25	140	4:13:25
Hörschel	14.70	1:11:59	4:53	51	22:31	63	22:31	171.30	14:43:28	5:09	93	4:35:56	119	4:35:56