



12. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 19.06.2010

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Rest of the Best des WSV Ilmenau □□□: 14:46:08

□□: 133

□□: 171.30 km

Blankenstein-Hirschel

□□□□:

Männerstaffel

□□: 11.58 km/h
□□□□: 5:10 min/km

□□□□□: 122 (of 217)

□□□□□□: 10:07:32

□□□□□: 96(of 139)

□□□□□□□: 10:07:32

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:24:33	4:54	93	23:08	129	23:08	17.20	1:24:33	4:54	96	22:46	143	22:46
Schildwiese	20.10	1:55:00	5:43	134	50:45	199	50:45	37.30	3:19:33	5:20	96	1:10:17	143	1:10:17
Neuhaus/ Gewerl	15.50	1:42:50	6:38	130	42:27	192	42:27	52.80	5:02:23	5:43	96	1:51:34	143	1:51:34
Triniusstein	21.60	1:41:47	4:42	55	27:43	77	27:43	74.40	6:44:10	5:25	96	2:17:33	143	2:17:33
Allzunah	15.00	1:15:54	5:03	103	27:36	136	27:36	89.40	8:00:04	5:22	96	2:45:09	143	2:45:09
Grenzadler	19.80	1:37:27	4:55	59	28:12	89	28:12	109.20	9:37:31	5:17	96	3:08:01	143	3:08:01
Nesselberg	13.80	1:14:48	5:25	108	26:10	138	26:10	123.00	10:52:19	5:18	96	3:33:51	143	3:33:51
Kleiner Inselsber	13.90	1:02:39	4:30	23	11:27	24	11:27	136.90	11:54:58	5:13	96	3:45:18	143	3:45:18
Hohe Sonne	19.70	1:32:39	4:42	60	26:55	80	26:55	156.60	13:27:37	5:09	96	4:09:33	143	4:09:33
Hirschel	14.70	1:18:31	5:20	87	29:03	109	29:03	171.30	14:46:08	5:10	96	4:38:36	122	4:38:36