



# 12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

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**BROSE RUNNINGS**

□□□: 12:13:16

□□: 171

□□: 13.99 km/h

□□□□: 4:17 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 12 (of 217)

□□□□□□: 10:07:32

□□□□:

□□□□□: 10(of 139)

Männerstaffel

□□□□□□□: 10:07:32

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:08:31	3:59	9	7:06	11	7:06	17.20	1:08:31	3:59	10	6:44	15	6:44
Schildwiese	20.10	1:19:21	3:56	10	15:06	16	15:06	37.30	2:27:52	3:57	10	18:36	15	18:36
Neuhaus/ Gewerl	15.50	1:05:22	4:13	8	4:59	9	4:59	52.80	3:33:14	4:02	10	22:25	15	22:25
Triniusstein	21.60	1:30:47	4:12	16	16:43	24	16:43	74.40	5:04:01	4:05	10	37:24	15	37:24
Allzunah	15.00	1:04:48	4:19	34	16:30	36	16:30	89.40	6:08:49	4:07	10	53:54	15	53:54
Grenzadler	19.80	1:26:31	4:22	15	17:16	26	17:16	109.20	7:35:20	4:10	10	1:05:50	15	1:05:50
Nesselberg	13.80	1:02:15	4:30	23	13:37	24	13:37	123.00	8:37:35	4:12	10	1:19:07	15	1:19:07
Kleiner Inselsber	13.90	1:04:37	4:38	35	13:25	37	13:25	136.90	9:42:12	4:15	10	1:32:32	15	1:32:32
Hohe Sonne	19.70	1:24:09	4:16	19	18:25	28	18:25	156.60	11:06:21	4:15	10	1:48:17	15	1:48:17
Hörschel	14.70	1:06:55	4:33	24	17:27	27	17:27	171.30	12:13:16	4:16	10	2:05:44	12	2:05:44