



12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

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PDV Power Runners

□□□: 12:13:36

□□: 114

□□: 13.99 km/h
□□□□: 4:17 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 13 (of 217)

□□□□□□: 10:07:32

□□□□:

□□□□□: 11(of 139)

Männerstaffel

□□□□□□□: 10:07:32

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:09:26	4:02	12	8:01	14	8:01	17.20	1:09:26	4:02	11	7:39	16	7:39
Schildwiese	20.10	1:22:21	4:05	19	18:06	29	18:06	37.30	2:31:47	4:04	11	22:31	16	22:31
Neuhaus/ Gewerl	15.50	1:07:04	4:19	9	6:41	10	6:41	52.80	3:38:51	4:08	11	28:02	16	28:02
Triniusstein	21.60	1:26:29	4:00	11	12:25	16	12:25	74.40	5:05:20	4:06	11	38:43	16	38:43
Allzunah	15.00	1:02:07	4:08	20	13:49	21	13:49	89.40	6:07:27	4:06	11	52:32	16	52:32
Grenzdler	19.80	1:27:42	4:25	16	18:27	28	18:27	109.20	7:35:09	4:10	11	1:05:39	16	1:05:39
Nesselberg	13.80	1:03:26	4:35	33	14:48	35	14:48	123.00	8:38:35	4:12	11	1:20:07	16	1:20:07
Kleiner Inselsber	13.90	58:45	4:13	11	7:33	12	7:33	136.90	9:37:20	4:13	11	1:27:40	16	1:27:40
Hohe Sonne	19.70	1:30:42	4:36	45	24:58	62	24:58	156.60	11:08:02	4:15	11	1:49:58	16	1:49:58
Hörschel	14.70	1:05:34	4:27	16	16:06	19	16:06	171.30	12:13:36	4:16	11	2:06:04	13	2:06:04