



# 12. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 19.06.2010

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Phase 10

□□□: 15:06:33

□□: 116

□□: 11.34 km/h  
□□□□: 5:17 min/km

□□: 171.30 km

Blankenstein-Hirschel

□□□□□: 140 (of 217)

□□□□□□: 10:07:32

□□□□:

□□□□□: 109(of 139)

Männerstaffel

□□□□□□□: 10:07:32

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| □□□               | □□    | □□      | □□     | □□  | □□    | □□  | □□    | □□□    | □□□      | □□□    | □□  | □□      | □□  | □□      |
|-------------------|-------|---------|--------|-----|-------|-----|-------|--------|----------|--------|-----|---------|-----|---------|
|                   | km    | □□      | min/km | -   | -     | □□□ | □□□   | km     | □□       | min/km | -   | -       | □□□ | □□□     |
| Grumbach          | 17.20 | 1:32:13 | 5:21   | 124 | 30:48 | 176 | 30:48 | 17.20  | 1:32:13  | 5:21   | 107 | 30:26   | 165 | 30:26   |
| Schildwiese       | 20.10 | 1:44:21 | 5:11   | 113 | 40:06 | 166 | 40:06 | 37.30  | 3:16:34  | 5:16   | 107 | 1:07:18 | 165 | 1:07:18 |
| Neuhaus/ Gewerl   | 15.50 | 1:57:20 | 7:34   | 136 | 56:57 | 212 | 56:57 | 52.80  | 5:13:54  | 5:56   | 107 | 2:03:05 | 165 | 2:03:05 |
| Triniusstein      | 21.60 | 1:55:11 | 5:19   | 108 | 41:07 | 153 | 41:07 | 74.40  | 7:09:05  | 5:46   | 107 | 2:42:28 | 165 | 2:42:28 |
| Allzunah          | 15.00 | 1:03:14 | 4:12   | 24  | 14:56 | 25  | 14:56 | 89.40  | 8:12:19  | 5:30   | 107 | 2:57:24 | 165 | 2:57:24 |
| Grenzdler         | 19.80 | 1:35:09 | 4:48   | 45  | 25:54 | 71  | 25:54 | 109.20 | 9:47:28  | 5:22   | 107 | 3:17:58 | 165 | 3:17:58 |
| Nesselberg        | 13.80 | 1:02:28 | 4:31   | 27  | 13:50 | 28  | 13:50 | 123.00 | 10:49:56 | 5:17   | 107 | 3:31:28 | 165 | 3:31:28 |
| Kleiner Inselsber | 13.90 | 1:10:44 | 5:05   | 64  | 19:32 | 75  | 19:32 | 136.90 | 12:00:40 | 5:15   | 107 | 3:51:00 | 165 | 3:51:00 |
| Hohe Sonne        | 19.70 | 1:55:17 | 5:51   | 129 | 49:33 | 193 | 49:33 | 156.60 | 13:55:57 | 5:20   | 107 | 4:37:53 | 165 | 4:37:53 |
| Hirschel          | 14.70 | 1:10:36 | 4:48   | 43  | 21:08 | 53  | 21:08 | 171.30 | 15:06:33 | 5:17   | 109 | 4:59:01 | 140 | 4:59:01 |