



# 12. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 19.06.2010

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Phase 10

□□□: 15:06:33

□□: 116

□□: 11.32 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	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
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