



# 12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

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Touristiker

□□□: 16:26:03

□□: 108

□□: 10.42 km/h

□□□□: 5:46 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 197 (of 217)

□□□□□□: 10:07:32

□□□□:

□□□□□: 136(of 139)

Männerstaffel

□□□□□□□: 10:07:32

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| □□□               | □□    | □□      | □□     | □□  | □□      | □□  | □□      | □□□    | □□□      | □□□    | □□  | □□      | □□  | □□      |
|-------------------|-------|---------|--------|-----|---------|-----|---------|--------|----------|--------|-----|---------|-----|---------|
|                   | km    | □□      | min/km | -   | -       | □□□ | □□□     | km     | □□       | min/km | -   | -       | □□□ | □□□     |
| Grumbach          | 17.20 | 1:40:49 | 5:51   | 134 | 39:24   | 202 | 39:24   | 17.20  | 1:40:49  | 5:51   | 121 | 39:02   | 187 | 39:02   |
| Schildwiese       | 20.10 | 2:00:16 | 5:59   | 137 | 56:01   | 205 | 56:01   | 37.30  | 3:41:05  | 5:55   | 121 | 1:31:49 | 187 | 1:31:49 |
| Neuhaus/ Gewerl   | 15.50 | 2:04:39 | 8:02   | 138 | 1:04:16 | 215 | 1:04:16 | 52.80  | 5:45:44  | 6:32   | 121 | 2:34:55 | 187 | 2:34:55 |
| Triniusstein      | 21.60 | 1:44:33 | 4:50   | 70  | 30:29   | 96  | 30:29   | 74.40  | 7:30:17  | 6:03   | 121 | 3:03:40 | 187 | 3:03:40 |
| Allzunah          | 15.00 | 1:20:15 | 5:20   | 123 | 31:57   | 169 | 31:57   | 89.40  | 8:50:32  | 5:56   | 121 | 3:35:37 | 187 | 3:35:37 |
| Grenzadler        | 19.80 | 2:00:50 | 6:06   | 135 | 51:35   | 200 | 51:35   | 109.20 | 10:51:22 | 5:57   | 121 | 4:21:52 | 187 | 4:21:52 |
| Nesselberg        | 13.80 | 1:19:40 | 5:46   | 123 | 31:02   | 169 | 31:02   | 123.00 | 12:11:02 | 5:56   | 121 | 4:52:34 | 187 | 4:52:34 |
| Kleiner Inselsber | 13.90 | 1:15:50 | 5:27   | 94  | 24:38   | 123 | 24:38   | 136.90 | 13:26:52 | 5:53   | 121 | 5:17:12 | 187 | 5:17:12 |
| Hohe Sonne        | 19.70 | 1:40:05 | 5:04   | 94  | 34:21   | 133 | 34:21   | 156.60 | 15:06:57 | 5:47   | 121 | 5:48:53 | 187 | 5:48:53 |
| Hörschel          | 14.70 | 1:19:06 | 5:22   | 91  | 29:38   | 114 | 29:38   | 171.30 | 16:26:03 | 5:45   | 136 | 6:18:31 | 197 | 6:18:31 |