



12. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 19.06.2010

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Touristiker

□□□: 16:26:03

□□: 108

□□: 10.41 km/h

□□□□: 5:46 min/km

□□: 171.30 km

Blankenstein-Hirschel

□□□□□: 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 |
| Hirschel | 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 |