



12. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 19.06.2010

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Dadner Rennsteigrenner

□□□: 13:24:04

□□: 18

□□: 12.76 km/h

□□□□: 4:41 min/km

□□: 171.30 km

Blankenstein-Hirschel

□□□□□: 40 (of 217)

□□□□□□: 10:07:32

□□□□:

□□□□□: 7(of 66)

Mixstaffel

□□□□□□□: 11:43:48

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:07:32	3:55	1	-	9	6:07	17.20	1:07:32	3:55	45	-	218	5:45
Schildwiese	20.10	1:14:43	3:43	2	1:36	10	10:28	37.30	2:22:15	3:48	45	-	218	12:59
Neuhaus/ Gewerl	15.50	1:15:37	4:52	5	10:56	40	15:14	52.80	3:37:52	4:07	45	-	218	27:03
Triniusstein	21.60	1:20:05	3:42	2	1:28	8	6:01	74.40	4:57:57	4:00	45	-	218	31:20
Allzunah	15.00	1:16:52	5:07	32	18:26	151	28:34	89.40	6:14:49	4:11	45	-	218	59:54
Grenzadler	19.80	1:17:58	3:56	3	3:55	8	8:43	109.20	7:32:47	4:08	45	-	218	1:03:17
Nesselberg	13.80	1:02:52	4:33	2	2:44	31	14:14	123.00	8:35:39	4:11	45	-	218	1:17:11
Kleiner Inselsber	13.90	1:12:15	5:11	14	16:24	92	21:03	136.90	9:47:54	4:17	45	-	218	1:38:14
Hohe Sonne	19.70	1:22:21	4:10	6	9:44	24	16:37	156.60	11:10:15	4:16	45	-	218	1:52:11
Hirschel	14.70	2:13:49	9:06	66	1:10:55	217	1:24:21	171.30	13:24:04	4:41	7	1:40:16	40	3:16:32