



# 12. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 19.06.2010

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RA Schliefkas Hainichflitzer vom SV Mühlh 16:08:58

□□: 189

□□: 171.30 km

Blankenstein-Hirschel

□□□□:

Männerstaffel

□□: 10.59 km/h

□□□□: 5:40 min/km

□□□□□: 190 (of 217)

□□□□□□: 10:07:32

□□□□□: 131(of 139)

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Grumbach	17.20	1:55:35	6:43	139	54:10	215	54:10	17.20	1:55:35	6:43	125	53:48	193	53:48
Schildwiese	20.10	1:30:03	4:28	51	25:48	73	25:48	37.30	3:25:38	5:30	125	1:16:22	193	1:16:22
Neuhaus/ Gewerl	15.50	1:34:38	6:06	115	34:15	163	34:15	52.80	5:00:16	5:41	125	1:49:27	193	1:49:27
Triniusstein	21.60	2:28:28	6:52	138	1:14:24	215	1:14:24	74.40	7:28:44	6:01	125	3:02:07	193	3:02:07
Allzunah	15.00	1:15:58	5:03	104	27:40	137	27:40	89.40	8:44:42	5:52	125	3:29:47	193	3:29:47
Grenzadler	19.80	1:49:05	5:30	121	39:50	172	39:50	109.20	10:33:47	5:48	125	4:04:17	193	4:04:17
Nesselberg	13.80	1:09:06	5:00	69	20:28	78	20:28	123.00	11:42:53	5:42	125	4:24:25	193	4:24:25
Kleiner Inselsber	13.90	1:32:07	6:37	134	40:55	204	40:55	136.90	13:15:00	5:48	125	5:05:20	193	5:05:20
Hohe Sonne	19.70	1:38:29	4:59	86	32:45	121	32:45	156.60	14:53:29	5:42	125	5:35:25	193	5:35:25
Hirschel	14.70	1:15:29	5:08	67	26:01	84	26:01	171.30	16:08:58	5:39	131	6:01:26	190	6:01:26