



12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

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Werratal Runners

□□□: 12:29:00

□□: 169

□□: 13.72 km/h
□□□□: 4:22 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 16 (of 217)

□□□□□□: 10:07:32

□□□□:

□□□□□: 13(of 139)

Männerstaffel

□□□□□□□: 10:07:32

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Grumbach | 17.20 | 1:15:46 | 4:24 | 35 | 14:21 | 45 | 14:21 | 17.20 | 1:15:46 | 4:24 | 13 | 13:59 | 20 | 13:59 |
| Schildwiese | 20.10 | 1:25:24 | 4:14 | 34 | 21:09 | 46 | 21:09 | 37.30 | 2:41:10 | 4:19 | 13 | 31:54 | 20 | 31:54 |
| Neuhaus/ Gewerl | 15.50 | 1:15:03 | 4:50 | 34 | 14:40 | 38 | 14:40 | 52.80 | 3:56:13 | 4:28 | 13 | 45:24 | 20 | 45:24 |
| Triniusstein | 21.60 | 1:36:41 | 4:28 | 30 | 22:37 | 43 | 22:37 | 74.40 | 5:32:54 | 4:28 | 13 | 1:06:17 | 20 | 1:06:17 |
| Allzunah | 15.00 | 1:03:14 | 4:12 | 24 | 14:56 | 25 | 14:56 | 89.40 | 6:36:08 | 4:25 | 13 | 1:21:13 | 20 | 1:21:13 |
| Grenzdler | 19.80 | 1:23:08 | 4:11 | 11 | 13:53 | 16 | 13:53 | 109.20 | 7:59:16 | 4:23 | 13 | 1:29:46 | 20 | 1:29:46 |
| Nesselberg | 13.80 | 1:04:27 | 4:40 | 40 | 15:49 | 44 | 15:49 | 123.00 | 9:03:43 | 4:25 | 13 | 1:45:15 | 20 | 1:45:15 |
| Kleiner Inselsber | 13.90 | 1:00:36 | 4:21 | 14 | 9:24 | 15 | 9:24 | 136.90 | 10:04:19 | 4:24 | 13 | 1:54:39 | 20 | 1:54:39 |
| Hohe Sonne | 19.70 | 1:19:21 | 4:01 | 14 | 13:37 | 17 | 13:37 | 156.60 | 11:23:40 | 4:21 | 13 | 2:05:36 | 20 | 2:05:36 |
| Hörschel | 14.70 | 1:05:20 | 4:26 | 15 | 15:52 | 18 | 15:52 | 171.30 | 12:29:00 | 4:22 | 13 | 2:21:28 | 16 | 2:21:28 |