



# 12. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 19.06.2010

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Onko-renn-team

□□□: 18:10:19

□□: 79

□□: 9.41 km/h  
□□□□: 6:22 min/km

□□: 171.30 km

Blankenstein-Hirschel

□□□□□: 216 (of 217)

□□□□□□: 10:07:32

□□□□:

□□□□□: 65(of 66)

Mixstaffel

□□□□□□□: 11:43:48

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	
Grumbach	17.20	2:13:19	7:45	66	1:05:47	217	1:11:54	17.20	2:13:19	7:45	30	48:59	218	1:11:32
Schildwiese	20.10	2:03:58	6:10	60	50:51	210	59:43	37.30	4:17:17	6:53	30	1:31:26	218	2:08:01
Neuhaus/ Gewerl	15.50	1:52:59	7:17	63	48:18	209	52:36	52.80	6:10:16	7:00	30	1:48:13	218	2:59:27
Triniusstein	21.60	2:18:40	6:25	64	1:00:03	209	1:04:36	74.40	8:28:56	6:50	30	1:59:19	218	4:02:19
Allzunah	15.00	1:24:32	5:38	53	26:06	190	36:14	89.40	9:53:28	6:38	30	1:57:50	218	4:38:33
Grenzadler	19.80	2:14:33	6:47	64	1:00:30	214	1:05:18	109.20	12:08:01	6:40	30	2:09:02	218	5:38:31
Nesselberg	13.80	1:34:57	6:52	63	34:49	212	46:19	123.00	13:42:58	6:41	30	2:28:05	218	6:24:30
Kleiner Inselsber	13.90	1:10:53	5:05	10	15:02	77	19:41	136.90	14:53:51	6:31	30	2:17:50	218	6:44:11
Hohe Sonne	19.70	1:42:36	5:12	41	29:59	150	36:52	156.60	16:36:27	6:21	30	2:25:13	218	7:18:23
Hirschel	14.70	1:33:52	6:23	50	30:58	190	44:24	171.30	18:10:19	6:21	65	6:26:31	216	8:02:47