



12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

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Running for Kigha

□□□: 16:13:44

□□: 37

□□: 10.54 km/h

□□□□: 5:41 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 192 (of 217)

□□□□□□: 10:07:32

□□□□:

□□□□□: 133(of 139)

Männerstaffel

□□□□□□□: 10:07:32

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:20:13	4:39	60	18:48	81	18:48	17.20	1:20:13	4:39	138	18:26	211	18:26
Schildwiese	20.10	1:48:58	5:25	126	44:43	184	44:43	37.30	3:09:11	5:04	138	59:55	211	59:55
Neuhaus/ Gewerl	15.50	1:10:14	4:31	18	9:51	20	9:51	52.80	4:19:25	4:54	138	1:08:36	211	1:08:36
Triniusstein	21.60	1:51:49	5:10	98	37:45	137	37:45	74.40	6:11:14	4:59	138	1:44:37	211	1:44:37
Allzunah	15.00	1:21:43	5:26	125	33:25	174	33:25	89.40	7:32:57	5:03	138	2:18:02	211	2:18:02
Grenzadler	19.80	1:49:03	5:30	120	39:48	171	39:48	109.20	9:22:00	5:08	138	2:52:30	211	2:52:30
Nesselberg	13.80	1:17:18	5:36	117	28:40	157	28:40	123.00	10:39:18	5:11	138	3:20:50	211	3:20:50
Kleiner Inselsber	13.90	1:27:09	6:16	131	35:57	193	35:57	136.90	12:06:27	5:18	138	3:56:47	211	3:56:47
Hohe Sonne	19.70	2:15:00	6:51	139	1:09:16	216	1:09:16	156.60	14:21:27	5:30	138	5:03:23	211	5:03:23
Hörschel	14.70	1:52:17	7:38	139	1:02:49	215	1:02:49	171.30	16:13:44	5:41	133	6:06:12	192	6:06:12