



# 12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

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Kriechströme

□□□: 18:49:12

□□: 24

□□: 9.09 km/h

□□□□: 6:35 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 217 (of 217)

□□□□□□: 10:07:32

□□□□:

□□□□□: 66(of 66)

Mixstaffel

□□□□□□□: 11:43:48

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Grumbach	17.20	1:47:04	6:13	64	39:32	211	45:39	17.20	1:47:04	6:13	33	22:44	218	45:17
Schildwiese	20.10	2:08:29	6:23	64	55:22	214	1:04:14	37.30	3:55:33	6:18	33	1:09:42	218	1:46:17
Neuhaus/ Gewerl	15.50	1:46:21	6:51	59	41:40	200	45:58	52.80	5:41:54	6:28	33	1:19:51	218	2:31:05
Triniusstein	21.60	1:59:40	5:32	49	41:03	174	45:36	74.40	7:41:34	6:12	33	1:11:57	218	3:14:57
Allzunah	15.00	2:10:24	8:41	66	1:11:58	217	1:22:06	89.40	9:51:58	6:37	33	1:56:20	218	4:37:03
Grenzadler	19.80	2:17:47	6:57	65	1:03:44	215	1:08:32	109.20	12:09:45	6:40	33	2:10:46	218	5:40:15
Nesselberg	13.80	1:38:27	7:08	65	38:19	216	49:49	123.00	13:48:12	6:44	33	2:33:19	218	6:29:44
Kleiner Inselsber	13.90	1:30:54	6:32	59	35:03	202	39:42	136.90	15:19:06	6:42	33	2:43:05	218	7:09:26
Hohe Sonne	19.70	2:03:34	6:16	62	50:57	209	57:50	156.60	17:22:40	6:39	33	3:11:26	218	8:04:36
Hörschel	14.70	1:26:32	5:53	36	23:38	161	37:04	171.30	18:49:12	6:35	66	7:05:24	217	8:41:40