



# 12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

□□□□

Trefffurter Sperrachen Männer

□□□: 12:35:25

□□: 109

□□: 13.61 km/h

□□□□: 4:25 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 19 (of 217)

□□□□□□: 10:07:32

□□□□:

□□□□□: 16(of 139)

Männerstaffel

□□□□□□□: 10:07:32

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:16:11	4:25	36	14:46	47	14:46	17.20	1:16:11	4:25	16	14:24	24	14:24
Schildwiese	20.10	1:29:15	4:26	48	25:00	67	25:00	37.30	2:45:26	4:26	16	36:10	24	36:10
Neuhaus/ Gewerl	15.50	1:09:15	4:28	14	8:52	16	8:52	52.80	3:54:41	4:26	16	43:52	24	43:52
Triniusstein	21.60	1:32:00	4:15	20	17:56	30	17:56	74.40	5:26:41	4:23	16	1:00:04	24	1:00:04
Allzunah	15.00	59:03	3:56	10	10:45	11	10:45	89.40	6:25:44	4:18	16	1:10:49	24	1:10:49
Grenzadler	19.80	1:37:30	4:55	60	28:15	91	28:15	109.20	8:03:14	4:25	16	1:33:44	24	1:33:44
Nesselberg	13.80	56:50	4:07	13	8:12	13	8:12	123.00	9:00:04	4:23	16	1:41:36	24	1:41:36
Kleiner Inselsber	13.90	1:08:51	4:57	57	17:39	66	17:39	136.90	10:08:55	4:26	16	1:59:15	24	1:59:15
Hohe Sonne	19.70	1:25:57	4:21	25	20:13	37	20:13	156.60	11:34:52	4:26	16	2:16:48	24	2:16:48
Hörschel	14.70	1:00:33	4:07	9	11:05	9	11:05	171.30	12:35:25	4:24	16	2:27:53	19	2:27:53