



12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

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sportluck mix

□□□: 13:46:28

□□: 55

□□: - km/h
□□□□: 4:49 min/km

Enduro E Bike

□□□□□: 55 (of 217)

□□□□□□: 10:07:32

□□□□:

□□□□□: 9(of 66)

Mixstaffel

□□□□□□□: 11:43:48

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:14:16	4:19	8	6:44	37	12:51	17.20	1:14:16	4:19	34	-	218	12:29
Schildwiese	20.10	1:20:21	3:59	8	7:14	23	16:06	37.30	2:34:37	4:08	34	-	218	25:21
Neuhaus/ Gewerl	15.50	1:04:41	4:10	1	-	8	4:18	52.80	3:39:18	4:09	34	-	218	28:29
Triniusstein	21.60	1:41:21	4:41	20	22:44	73	27:17	74.40	5:20:39	4:18	34	-	218	54:02
Allzunah	15.00	1:19:28	5:17	40	21:02	166	31:10	89.40	6:40:07	4:28	34	-	218	1:25:12
Grenzadler	19.80	1:39:01	5:00	32	24:58	109	29:46	109.20	8:19:08	4:34	34	-	218	1:49:38
Nesselberg	13.80	1:11:26	5:10	15	11:18	102	22:48	123.00	9:30:34	4:38	34	-	218	2:12:06
Kleiner Inselsber	13.90	1:14:50	5:23	24	18:59	113	23:38	136.90	10:45:24	4:42	34	-	218	2:35:44
Hohe Sonne	19.70	1:42:27	5:12	40	29:50	149	36:43	156.60	12:27:51	4:46	34	-	218	3:09:47
Hörschel	14.70	1:18:37	5:20	19	15:43	111	29:09	-	13:46:28	-	9	2:02:40	55	3:38:56