



12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

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KSV Pausa Ringen

□□□: 12:49:22

□□: 204

□□: 13.34 km/h
□□□□: 4:29 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 21 (of 217)

□□□□□□: 10:07:32

□□□□:

□□□□□: 17(of 139)

Männerstaffel

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Grumbach	17.20	1:16:52	4:28	39	15:27	52	15:27	17.20	1:16:52	4:28	17	15:05	28	15:05
Schildwiese	20.10	1:23:48	4:10	28	19:33	40	19:33	37.30	2:40:40	4:18	17	31:24	28	31:24
Neuhaus/ Gewerl	15.50	1:13:46	4:45	31	13:23	34	13:23	52.80	3:54:26	4:26	17	43:37	28	43:37
Triniusstein	21.60	1:32:16	4:16	22	18:12	32	18:12	74.40	5:26:42	4:23	17	1:00:05	28	1:00:05
Allzunah	15.00	1:01:27	4:05	18	13:09	19	13:09	89.40	6:28:09	4:20	17	1:13:14	28	1:13:14
Grenzadler	19.80	1:22:28	4:09	10	13:13	14	13:13	109.20	7:50:37	4:18	17	1:21:07	28	1:21:07
Nesselberg	13.80	1:08:02	4:55	62	19:24	70	19:24	123.00	8:58:39	4:22	17	1:40:11	28	1:40:11
Kleiner Inselsber	13.90	1:05:36	4:43	40	14:24	42	14:24	136.90	10:04:15	4:24	17	1:54:35	28	1:54:35
Hohe Sonne	19.70	1:33:13	4:43	66	27:29	87	27:29	156.60	11:37:28	4:27	17	2:19:24	28	2:19:24
Hörschel	14.70	1:11:54	4:53	49	22:26	61	22:26	171.30	12:49:22	4:29	17	2:41:50	21	2:41:50