



12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

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TSV Ostheim

□□□: 10:16:30

□□: 104

□□: 16.64 km/h

□□□□: 3:36 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 3 (of 217)

□□□□□□: 10:07:32

□□□□:

□□□□□: 3(of 139)

Männerstaffel

□□□□□□□: 10:07:32

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:02:45	3:38	3	1:20	3	1:20	17.20	1:02:45	3:38	3	0:58	3	0:58
Schildwiese	20.10	1:04:15	3:11	1	-	1	-	37.30	2:07:00	3:24	3		3	
Neuhaus/ Gewerl	15.50	1:01:06	3:56	3	0:43	3	0:43	52.80	3:08:06	3:33	3		3	
Triniusstein	21.60	1:17:55	3:36	5	3:51	5	3:51	74.40	4:26:01	3:34	3		3	
Allzunah	15.00	54:14	3:36	4	5:56	4	5:56	89.40	5:20:15	3:34	3	5:20	3	5:20
Grenzadler	19.80	1:09:15	3:29	1	-	1	-	109.20	6:29:30	3:34	1	-	1	-
Nesselberg	13.80	51:23	3:43	5	2:45	5	2:45	123.00	7:20:53	3:35	3	2:25	3	2:25
Kleiner Inselsber	13.90	53:06	3:49	4	1:54	4	1:54	136.90	8:13:59	3:36	3	4:19	3	4:19
Hohe Sonne	19.70	1:09:39	3:32	4	3:55	4	3:55	156.60	9:23:38	3:35	3	5:34	3	5:34
Hörschel	14.70	52:52	3:35	3	3:24	3	3:24	171.30	10:16:30	3:35	3	8:58	3	8:58