



12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

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sc im.puls erfurt I

□□□: 12:57:48

□□: 111

□□: 13.19 km/h

□□□□: 4:32 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 27 (of 217)

□□□□□□: 10:07:32

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□□□□□: 23(of 139)

Männerstaffel

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Grumbach	17.20	1:13:45	4:17	28	12:20	35	12:20	17.20	1:13:45	4:17	23	11:58	35	11:58
Schildwiese	20.10	1:13:45	3:40	8	9:30	9	9:30	37.30	2:27:30	3:57	23	18:14	35	18:14
Neuhaus/ Gewerl	15.50	1:15:50	4:53	36	15:27	42	15:27	52.80	3:43:20	4:13	23	32:31	35	32:31
Triniusstein	21.60	1:43:39	4:47	65	29:35	90	29:35	74.40	5:26:59	4:23	23	1:00:22	35	1:00:22
Allzunah	15.00	1:12:43	4:50	78	24:25	105	24:25	89.40	6:39:42	4:28	23	1:24:47	35	1:24:47
Grenzadler	19.80	1:32:09	4:39	34	22:54	52	22:54	109.20	8:11:51	4:30	23	1:42:21	35	1:42:21
Nesselberg	13.80	58:51	4:15	16	10:13	16	10:13	123.00	9:10:42	4:28	23	1:52:14	35	1:52:14
Kleiner Inselsber	13.90	1:04:13	4:37	33	13:01	35	13:01	136.90	10:14:55	4:29	23	2:05:15	35	2:05:15
Hohe Sonne	19.70	1:34:51	4:48	74	29:07	99	29:07	156.60	11:49:46	4:31	23	2:31:42	35	2:31:42
Hörschel	14.70	1:08:02	4:37	28	18:34	33	18:34	171.30	12:57:48	4:32	23	2:50:16	27	2:50:16