



12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

□□□□

Laufteam Town & Country Haus

□□□: 10:19:38

□□: 135

□□: - km/h
□□□□: 3:37 min/km

Enduro E Bike

□□□□□: 4 (of 217)

□□□□□□: 10:07:32

□□□□:

□□□□□: 4(of 139)

Männerstaffel

□□□□□□□: 10:07:32

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Grumbach | 17.20 | 1:03:19 | 3:40 | 4 | 1:54 | 4 | 1:54 | 17.20 | 1:03:19 | 3:40 | 4 | 1:32 | 4 | 1:32 |
| Schildwiese | 20.10 | 1:06:46 | 3:19 | 3 | 2:31 | 3 | 2:31 | 37.30 | 2:10:05 | 3:29 | 4 | 0:49 | 4 | 0:49 |
| Neuhaus/ Gewerl | 15.50 | 1:03:25 | 4:05 | 7 | 3:02 | 7 | 3:02 | 52.80 | 3:13:30 | 3:39 | 4 | 2:41 | 4 | 2:41 |
| Triniusstein | 21.60 | 1:14:04 | 3:25 | 1 | - | 1 | - | 74.40 | 4:27:34 | 3:35 | 4 | 0:57 | 4 | 0:57 |
| Allzunah | 15.00 | 52:43 | 3:30 | 3 | 4:25 | 3 | 4:25 | 89.40 | 5:20:17 | 3:34 | 4 | 5:22 | 4 | 5:22 |
| Grenzadler | 19.80 | 1:11:49 | 3:37 | 3 | 2:34 | 3 | 2:34 | 109.20 | 6:32:06 | 3:35 | 4 | 2:36 | 4 | 2:36 |
| Nesselberg | 13.80 | 51:10 | 3:42 | 4 | 2:32 | 4 | 2:32 | 123.00 | 7:23:16 | 3:36 | 4 | 4:48 | 4 | 4:48 |
| Kleiner Inselsber | 13.90 | 52:19 | 3:45 | 3 | 1:07 | 3 | 1:07 | 136.90 | 8:15:35 | 3:37 | 4 | 5:55 | 4 | 5:55 |
| Hohe Sonne | 19.70 | 1:08:03 | 3:27 | 2 | 2:19 | 2 | 2:19 | 156.60 | 9:23:38 | 3:35 | 3 | 5:34 | 3 | 5:34 |
| Hörschel | 14.70 | 56:00 | 3:48 | 5 | 6:32 | 5 | 6:32 | - | 10:19:38 | - | 4 | 12:06 | 4 | 12:06 |