



# 12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

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Laufteam Town & Country Haus

□□□: 10:19:38

□□: 135

□□: 16.56 km/h

□□□□: 3:37 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 4 (of 217)

□□□□□□: 10:07:32

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□□□□□: 4(of 139)

Männerstaffel

□□□□□□□: 10:07:32

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□□□	□□ 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	171.30	10:19:38	3:37	4	12:06	4	12:06