



# 12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

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frankenhisser solzköpfe 1

□□□: 13:08:20

□□: 188

□□: 13.01 km/h

□□□□: 4:36 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 30 (of 217)

□□□□□□: 10:07:32

□□□□:

□□□□□: 26(of 139)

Männerstaffel

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Grumbach	17.20	1:18:16	4:33	47	16:51	62	16:51	17.20	1:18:16	4:33	26	16:29	40	16:29
Schildwiese	20.10	1:32:52	4:37	67	28:37	95	28:37	37.30	2:51:08	4:35	26	41:52	40	41:52
Neuhaus/ Gewerl	15.50	1:07:55	4:22	11	7:32	13	7:32	52.80	3:59:03	4:31	26	48:14	40	48:14
Triniusstein	21.60	1:42:25	4:44	58	28:21	81	28:21	74.40	5:41:28	4:35	26	1:14:51	40	1:14:51
Allzunah	15.00	1:06:33	4:26	41	18:15	49	18:15	89.40	6:48:01	4:33	26	1:33:06	40	1:33:06
Grenzadler	19.80	1:39:13	5:00	78	29:58	112	29:58	109.20	8:27:14	4:38	26	1:57:44	40	1:57:44
Nesselberg	13.80	1:06:19	4:48	52	17:41	57	17:41	123.00	9:33:33	4:39	26	2:15:05	40	2:15:05
Kleiner Inselsber	13.90	1:03:03	4:32	26	11:51	27	11:51	136.90	10:36:36	4:39	26	2:26:56	40	2:26:56
Hohe Sonne	19.70	1:27:36	4:26	31	21:52	44	21:52	156.60	12:04:12	4:37	26	2:46:08	40	2:46:08
Hörschel	14.70	1:04:08	4:21	13	14:40	16	14:40	171.30	13:08:20	4:36	26	3:00:48	30	3:00:48