



12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

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R - S Runners-SV Mihla 1

□□□: 14:09:37

□□: 45

□□: - km/h
□□□□: 4:58 min/km

Enduro E Bike

□□□□□: 82 (of 217)

□□□□□□: 10:07:32

□□□□:

□□□□□: 14(of 66)

Mixstaffel

□□□□□□□: 11:43:48

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:28:02	5:07	41	20:30	153	26:37	17.20	1:28:02	5:07	38	3:42	218	26:15
Schildwiese	20.10	1:20:18	3:59	7	7:11	21	16:03	37.30	2:48:20	4:30	38	2:29	218	39:04
Neuhaus/ Gewerl	15.50	1:28:48	5:43	31	24:07	129	28:25	52.80	4:17:08	4:52	38		218	1:06:19
Triniusstein	21.60	1:35:32	4:25	11	16:55	39	21:28	74.40	5:52:40	4:44	38		218	1:26:03
Allzunah	15.00	1:14:33	4:58	29	16:07	124	26:15	89.40	7:07:13	4:46	38		58	1:52:18
Grenzadler	19.80	1:33:58	4:44	22	19:55	62	24:43	109.20	8:41:11	4:46	38		218	2:11:41
Nesselberg	13.80	1:22:35	5:59	47	22:27	181	33:57	123.00	10:03:46	4:54	38		218	2:45:18
Kleiner Inselsber	13.90	1:13:28	5:17	17	17:37	100	22:16	136.90	11:17:14	4:56	38		218	3:07:34
Hohe Sonne	19.70	1:41:29	5:09	37	28:52	144	35:45	156.60	12:58:43	4:58	38		218	3:40:39
Hörschel	14.70	1:10:54	4:49	9	8:00	56	21:26	-	14:09:37	-	14	2:25:49	82	4:02:05