



12. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 19.06.2010

□□□□

Flinke Hirsche Friedrichroda

□□□: 13:09:44

□□: 199

□□: 12.99 km/h

□□□□: 4:37 min/km

□□: 171.30 km

Blankenstein-Hirschel

□□□□□: 32 (of 217)

□□□□□□: 10:07:32

□□□□:

□□□□□: 28(of 139)

Männerstaffel

□□□□□□□: 10:07:32

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:22:30	4:47	78	21:05	106	21:05	17.20	1:22:30	4:47	28	20:43	43	20:43
Schildwiese	20.10	1:17:01	3:49	9	12:46	12	12:46	37.30	2:39:31	4:16	28	30:15	43	30:15
Neuhaus/ Gewerl	15.50	1:16:10	4:54	39	15:47	45	15:47	52.80	3:55:41	4:27	28	44:52	43	44:52
Triniusstein	21.60	1:42:31	4:44	60	28:27	83	28:27	74.40	5:38:12	4:32	28	1:11:35	43	1:11:35
Allzunah	15.00	1:04:24	4:17	32	16:06	34	16:06	89.40	6:42:36	4:30	28	1:27:41	43	1:27:41
Grenzdler	19.80	1:35:44	4:50	51	26:29	77	26:29	109.20	8:18:20	4:33	28	1:48:50	43	1:48:50
Nesselberg	13.80	1:00:53	4:24	18	12:15	19	12:15	123.00	9:19:13	4:32	28	2:00:45	43	2:00:45
Kleiner Inselsber	13.90	1:09:43	5:00	60	18:31	71	18:31	136.90	10:28:56	4:35	28	2:19:16	43	2:19:16
Hohe Sonne	19.70	1:31:45	4:39	50	26:01	69	26:01	156.60	12:00:41	4:36	28	2:42:37	43	2:42:37
Hirschel	14.70	1:09:03	4:41	34	19:35	41	19:35	171.30	13:09:44	4:36	28	3:02:12	32	3:02:12