



12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

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OSKAR

□□: 170

□□: 171.30 km

Blankenstein-Hörschel

□□□□:

Männerstaffel

□□□: 13:11:53

□□: 12.96 km/h

□□□□: 4:37 min/km

□□□□□: 34 (of 217)

□□□□□□: 10:07:32

□□□□□: 29(of 139)

□□□□□□□: 10:07:32

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	
Grumbach	17.20	1:14:26	4:19	30	13:01	38	13:01	17.20	1:14:26	4:19	29	12:39	46	12:39
Schildwiese	20.10	1:22:59	4:07	23	18:44	33	18:44	37.30	2:37:25	4:13	29	28:09	46	28:09
Neuhaus/ Gewerl	15.50	1:20:07	5:10	56	19:44	67	19:44	52.80	3:57:32	4:29	29	46:43	46	46:43
Triniusstein	21.60	1:32:01	4:15	21	17:57	31	17:57	74.40	5:29:33	4:25	29	1:02:56	46	1:02:56
Allzunah	15.00	1:09:02	4:36	60	20:44	71	20:44	89.40	6:38:35	4:27	29	1:23:40	46	1:23:40
Grenzadler	19.80	1:35:15	4:48	48	26:00	74	26:00	109.20	8:13:50	4:31	29	1:44:20	46	1:44:20
Nesselberg	13.80	1:03:37	4:36	36	14:59	38	14:59	123.00	9:17:27	4:31	29	1:58:59	46	1:58:59
Kleiner Inselsber	13.90	1:08:32	4:55	55	17:20	63	17:20	136.90	10:25:59	4:34	29	2:16:19	46	2:16:19
Hohe Sonne	19.70	1:32:24	4:41	56	26:40	76	26:40	156.60	11:58:23	4:35	29	2:40:19	46	2:40:19
Hörschel	14.70	1:13:30	5:00	59	24:02	72	24:02	171.30	13:11:53	4:37	29	3:04:21	34	3:04:21