



12. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 19.06.2010

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Rhoener Knirpel

□□□: 13:12:32

□□: 97

□□: 12.95 km/h
□□□□: 4:38 min/km

□□: 171.30 km

Blankenstein-Hirschel

□□□□□: 36 (of 217)

□□□□□□: 10:07:32

□□□□:

□□□□□: 31(of 139)

Männerstaffel

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Grumbach	17.20	1:19:05	4:35	53	17:40	70	17:40	17.20	1:19:05	4:35	31	17:18	48	17:18
Schildwiese	20.10	1:36:05	4:46	82	31:50	117	31:50	37.30	2:55:10	4:41	31	45:54	48	45:54
Neuhaus/ Gewerl	15.50	1:21:18	5:14	59	20:55	72	20:55	52.80	4:16:28	4:51	31	1:05:39	48	1:05:39
Triniusstein	21.60	1:37:25	4:30	33	23:21	46	23:21	74.40	5:53:53	4:45	31	1:27:16	48	1:27:16
Allzunah	15.00	1:08:36	4:34	55	20:18	66	20:18	89.40	7:02:29	4:43	31	1:47:34	48	1:47:34
Grenzadler	19.80	1:39:06	5:00	77	29:51	111	29:51	109.20	8:41:35	4:46	31	2:12:05	48	2:12:05
Nesselberg	13.80	56:23	4:05	12	7:45	12	7:45	123.00	9:37:58	4:41	31	2:19:30	48	2:19:30
Kleiner Inselsber	13.90	1:06:15	4:45	44	15:03	48	15:03	136.90	10:44:13	4:42	31	2:34:33	48	2:34:33
Hohe Sonne	19.70	1:19:43	4:02	15	13:59	18	13:59	156.60	12:03:56	4:37	31	2:45:52	48	2:45:52
Hirschel	14.70	1:08:36	4:39	31	19:08	37	19:08	171.30	13:12:32	4:37	31	3:05:00	36	3:05:00