



12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

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Spitzensalat des WSV Ilmenau

□□□: 14:19:55

□□: 48

□□: 11.93 km/h

□□□□: 5:01 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 94 (of 217)

□□□□□□: 10:07:32

□□□□:

□□□□□: 19(of 66)

Mixstaffel

□□□□□□□: 11:43:48

□□□□

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| □□□ | □□ | □□ | □□ | □□ | □□ | □□ | □□ | □□□ | □□□ | □□□ | □□ | □□ | □□ | □□ |
|-------------------|-------|---------|--------|----|-------|-----|-------|--------|----------|--------|----|---------|-----|---------|
| | km | □□ | min/km | - | - | □□□ | □□□ | km | □□ | min/km | - | - | □□□ | □□□ |
| Grumbach | 17.20 | 1:26:57 | 5:03 | 40 | 19:25 | 148 | 25:32 | 17.20 | 1:26:57 | 5:03 | 52 | 2:37 | 218 | 25:10 |
| Schildwiese | 20.10 | 1:41:57 | 5:04 | 44 | 28:50 | 153 | 37:42 | 37.30 | 3:08:54 | 5:03 | 52 | 23:03 | 131 | 59:38 |
| Neuhaus/ Gewerl | 15.50 | 1:30:03 | 5:48 | 34 | 25:22 | 138 | 29:40 | 52.80 | 4:38:57 | 5:16 | 52 | 16:54 | 218 | 1:28:08 |
| Triniusstein | 21.60 | 1:26:41 | 4:00 | 6 | 8:04 | 17 | 12:37 | 74.40 | 6:05:38 | 4:54 | 52 | | 218 | 1:39:01 |
| Allzunah | 15.00 | 1:12:38 | 4:50 | 22 | 14:12 | 101 | 24:20 | 89.40 | 7:18:16 | 4:54 | 52 | | 218 | 2:03:21 |
| Grenzadler | 19.80 | 1:36:44 | 4:53 | 28 | 22:41 | 88 | 27:29 | 109.20 | 8:55:00 | 4:53 | 52 | | 218 | 2:25:30 |
| Nesselberg | 13.80 | 1:15:24 | 5:27 | 28 | 15:16 | 144 | 26:46 | 123.00 | 10:10:24 | 4:57 | 52 | | 218 | 2:51:56 |
| Kleiner Inselsber | 13.90 | 1:11:50 | 5:10 | 12 | 15:59 | 88 | 20:38 | 136.90 | 11:22:14 | 4:59 | 52 | | 218 | 3:12:34 |
| Hohe Sonne | 19.70 | 1:23:25 | 4:14 | 8 | 10:48 | 26 | 17:41 | 156.60 | 12:45:39 | 4:53 | 52 | | 218 | 3:27:35 |
| Hörschel | 14.70 | 1:34:16 | 6:24 | 51 | 31:22 | 192 | 44:48 | 171.30 | 14:19:55 | 5:01 | 19 | 2:36:07 | 94 | 4:12:23 |