



12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

□□□□

cool runnings

□□: 72

□□: 171.30 km

Blankenstein-Hörschel

□□□□:

Mixstaffel

□□□: 14:20:06

□□: 11.93 km/h

□□□□: 5:01 min/km

□□□□□: 96 (of 217)

□□□□□□: 10:07:32

□□□□□: 20(of 66)

□□□□□□□: 11:43:48

□□□□

□□□□

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| □□□ | □□ | □□ | □□ | □□ | □□ | □□ | □□ | □□□ | □□□ | □□□ | □□ | □□ | □□ | □□ |
|-------------------|-------|---------|--------|----|-------|-----|-------|--------|----------|--------|----|---------|-----|---------|
| | km | □□ | min/km | - | - | □□□ | □□□ | km | □□ | min/km | - | - | □□□ | □□□ |
| Grumbach | 17.20 | 1:29:35 | 5:12 | 43 | 22:03 | 162 | 28:10 | 17.20 | 1:29:35 | 5:12 | 53 | 5:15 | 218 | 27:48 |
| Schildwiese | 20.10 | 1:33:20 | 4:38 | 28 | 20:13 | 102 | 29:05 | 37.30 | 3:02:55 | 4:54 | 53 | 17:04 | 218 | 53:39 |
| Neuhaus/ Gewerl | 15.50 | 1:21:45 | 5:16 | 14 | 17:04 | 75 | 21:22 | 52.80 | 4:24:40 | 5:00 | 53 | 2:37 | 218 | 1:13:51 |
| Triniusstein | 21.60 | 1:48:55 | 5:02 | 31 | 30:18 | 122 | 34:51 | 74.40 | 6:13:35 | 5:01 | 53 | | 218 | 1:46:58 |
| Allzunah | 15.00 | 1:12:27 | 4:49 | 20 | 14:01 | 98 | 24:09 | 89.40 | 7:26:02 | 4:59 | 53 | | 218 | 2:11:07 |
| Grenzdler | 19.80 | 1:36:37 | 4:52 | 26 | 22:34 | 86 | 27:22 | 109.20 | 9:02:39 | 4:58 | 53 | | 218 | 2:33:09 |
| Nesselberg | 13.80 | 1:09:58 | 5:04 | 10 | 9:50 | 83 | 21:20 | 123.00 | 10:12:37 | 4:58 | 53 | | 218 | 2:54:09 |
| Kleiner Inselsber | 13.90 | 1:14:44 | 5:22 | 22 | 18:53 | 111 | 23:32 | 136.90 | 11:27:21 | 5:01 | 53 | | 218 | 3:17:41 |
| Hohe Sonne | 19.70 | 1:38:14 | 4:59 | 30 | 25:37 | 119 | 32:30 | 156.60 | 13:05:35 | 5:00 | 53 | | 218 | 3:47:31 |
| Hörschel | 14.70 | 1:14:31 | 5:04 | 13 | 11:37 | 75 | 25:03 | 171.30 | 14:20:06 | 5:01 | 20 | 2:36:18 | 96 | 4:12:34 |