



# 12. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 19.06.2010

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cool runnings

00: 72

00: 171.30 km

Blankenstein-Hirschel

0000:

Mixstaffel

000: 14:20:06

00: 11.95 km/h

0000: 5:01 min/km

00000: 96 (of 217)

000000: 10:07:32

00000: 20(of 66)

0000000: 11:43:48

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	000	000	km	00	min/km	-	-	000	000
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
Grenzadler	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
Hirschel	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