



# 12. Rennsteig-Staffellauf

Blankenstein bis Hürschel / 19.06.2010

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Löppens Hasen

□□□: 14:21:49

□□: 81

□□: 11.91 km/h  
□□□□: 5:02 min/km

□□: 171.30 km

Blankenstein-Hürschel

□□□□□: 97 (of 217)

□□□□□□: 10:07:32

□□□□:

□□□□□: 21(of 66)

Mixstaffel

□□□□□□□: 11:43:48

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:13:38	4:16	7	6:06	33	12:13	17.20	1:13:38	4:16	54		218	11:51
Schildwiese	20.10	1:29:44	4:27	20	16:37	70	25:29	37.30	2:43:22	4:22	54		218	34:06
Neuhaus/ Gewerl	15.50	1:33:33	6:02	41	28:52	157	33:10	52.80	4:16:55	4:51	54		218	1:06:06
Triniusstein	21.60	1:40:52	4:40	18	22:15	70	26:48	74.40	5:57:47	4:48	54		218	1:31:10
Allzunah	15.00	1:03:33	4:14	2	5:07	28	15:15	89.40	7:01:20	4:42	54		218	1:46:25
Grenzadler	19.80	1:50:07	5:33	46	36:04	176	40:52	109.20	8:51:27	4:52	54		218	2:21:57
Nesselberg	13.80	1:23:50	6:04	50	23:42	190	35:12	123.00	10:15:17	5:00	54		218	2:56:49
Kleiner Inselsber	13.90	1:08:44	4:56	8	12:53	65	17:32	136.90	11:24:01	4:59	54		218	3:14:21
Hohe Sonne	19.70	1:32:18	4:41	19	19:41	74	26:34	156.60	12:56:19	4:57	54		218	3:38:15
Hürschel	14.70	1:25:30	5:48	32	22:36	155	36:02	171.30	14:21:49	5:01	21	2:38:01	97	4:14:17