



# 12. Rennsteig-Staffellauf

Blankenstein bis Hürschel / 19.06.2010

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VR-Bank-Plessgirls

□□□: 14:22:42

□□: 6

□□: 11.89 km/h

□□□□: 5:02 min/km

□□: 171.30 km

Blankenstein-Hürschel

□□□□□: 99 (of 217)

□□□□□□: 10:07:32

□□□□:

□□□□□: 2(of 12)

Frauenstaffel

□□□□□□□: 13:40:55

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Grumbach	17.20	1:27:06	5:03	3	12:30	149	25:41	17.20	1:27:06	5:03	2	8:15	218	25:19
Schildwiese	20.10	1:36:05	4:46	3	6:58	117	31:50	37.30	3:03:11	4:54	2	14:18	218	53:55
Neuhaus/ Gewerl	15.50	1:20:23	5:11	1	-	69	20:00	52.80	4:23:34	4:59	2		218	1:12:45
Triniusstein	21.60	1:50:48	5:07	2	19:02	130	36:44	74.40	6:14:22	5:01	2	16:56	218	1:47:45
Allzunah	15.00	1:14:55	4:59	3	8:11	128	26:37	89.40	7:29:17	5:01	2	25:07	218	2:14:22
Grenzadler	19.80	1:41:57	5:08	6	8:04	136	32:42	109.20	9:11:14	5:02	2	25:49	218	2:41:44
Nesselberg	13.80	1:04:25	4:40	1	-	43	15:47	123.00	10:15:39	5:00	2	24:38	218	2:57:11
Kleiner Inselsber	13.90	1:09:22	4:59	2	1:16	69	18:10	136.90	11:25:01	5:00	2	25:54	218	3:15:21
Hohe Sonne	19.70	1:39:41	5:03	5	13:25	130	33:57	156.60	13:04:42	5:00	2	31:04	218	3:46:38
Hürschel	14.70	1:18:00	5:18	4	10:43	104	28:32	171.30	14:22:42	5:02	2	41:47	99	4:15:10