



# 12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

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**Laufteam Erfurt**

□□□: 11:43:48

□□: 15

□□: - km/h  
□□□□: 4:07 min/km

**Enduro E Bike**

□□□□□: 9 (of 217)

□□□□□□: 10:07:32

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□□□□□: 1(of 66)

**Mixstaffel**

□□□□□□□: 11:43:48

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	□□
Grumbach	17.20	1:19:09	4:36	16	11:37	71	17:44	17.20	1:19:09	4:36	51		218	17:22	
Schildwiese	20.10	1:14:55	3:43	3	1:48	11	10:40	37.30	2:34:04	4:07	51		218	24:48	
Neuhaus/ Gewerl	15.50	1:16:34	4:56	8	11:53	49	16:11	52.80	3:50:38	4:22	51		218	39:49	
Triniusstein	21.60	1:20:50	3:44	3	2:13	10	6:46	74.40	5:11:28	4:11	51		218	44:51	
Allzunah	15.00	58:26	3:53	1	-	9	10:08	89.40	6:09:54	4:08	51		218	54:59	
Grenzadler	19.80	1:14:03	3:44	1	-	4	4:48	109.20	7:23:57	4:03	51		218	54:27	
Nesselberg	13.80	1:00:08	4:21	1	-	17	11:30	123.00	8:24:05	4:05	51		218	1:05:37	
Kleiner Inselsber	13.90	1:03:18	4:33	2	7:27	31	12:06	136.90	9:27:23	4:08	51		218	1:17:43	
Hohe Sonne	19.70	1:12:37	3:41	1	-	6	6:53	156.60	10:40:00	4:05	51		218	1:21:56	
Hörschel	14.70	1:03:48	4:20	2	0:54	14	14:20	-	11:43:48	-	1	-	9	1:36:16	