



12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

XXXX

XFAB/Melexis Running Chips

XXX: 13:33:59

XX: 122

XX: 12.60 km/h

XXXX: 4:45 min/km

XX: 171.30 km

Blankenstein-Hörschel

XXXXX: 45 (of 217)

XXXXXX: 10:07:32

XXXX:

XXXXX: 37(of 139)

Männerstaffel

XXXXXXX: 10:07:32

XXXX

XXXX

XXX

XXX	XX	XX	XX	XX	XX	XX	XX	XXXX	XXXX	XXXX	XX	XX	XX	XX
	km	XX min/km	-	-	XX	XX		km	XX min/km	-	-	XX	XX	
Grumbach	17.20	1:28:40	5:09	111	27:15	155	27:15	17.20	1:28:40	5:09	37	26:53	62	26:53
Schildwiese	20.10	1:41:31	5:03	102	37:16	149	37:16	37.30	3:10:11	5:05	37	1:00:55	62	1:00:55
Neuhaus/ Gewerl	15.50	1:16:49	4:57	43	16:26	52	16:26	52.80	4:27:00	5:03	37	1:16:11	62	1:16:11
Triniusstein	21.60	1:29:58	4:09	14	15:54	22	15:54	74.40	5:56:58	4:47	37	1:30:21	62	1:30:21
Allzunah	15.00	59:05	3:56	11	10:47	12	10:47	89.40	6:56:03	4:39	37	1:41:08	62	1:41:08
Grenzadler	19.80	1:34:13	4:45	41	24:58	65	24:58	109.20	8:30:16	4:40	37	2:00:46	62	2:00:46
Nesselberg	13.80	1:09:13	5:00	70	20:35	79	20:35	123.00	9:39:29	4:42	37	2:21:01	62	2:21:01
Kleiner Inselsber	13.90	1:00:31	4:21	13	9:19	14	9:19	136.90	10:40:00	4:40	37	2:30:20	62	2:30:20
Hohe Sonne	19.70	1:35:41	4:51	77	29:57	106	29:57	156.60	12:15:41	4:41	37	2:57:37	62	2:57:37
Hörschel	14.70	1:18:18	5:19	86	28:50	108	28:50	171.30	13:33:59	4:45	37	3:26:27	45	3:26:27