



12. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 19.06.2010

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Bärenfänger Suhl

□□□: 13:42:54

□□: 95

□□: 12.47 km/h

□□□□: 4:48 min/km

□□: 171.30 km

Blankenstein-Hirschel

□□□□□: 49 (of 217)

□□□□□□: 10:07:32

□□□□:

□□□□□: 40(of 139)

Männerstaffel

□□□□□□□: 10:07:32

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:24:53	4:56	96	23:28	132	23:28	17.20	1:24:53	4:56	40	23:06	66	23:06
Schildwiese	20.10	1:20:12	3:59	14	15:57	20	15:57	37.30	2:45:05	4:25	40	35:49	66	35:49
Neuhaus/ Gewerl	15.50	1:26:10	5:33	84	25:47	108	25:47	52.80	4:11:15	4:45	40	1:00:26	66	1:00:26
Triniusstein	21.60	1:40:40	4:39	49	26:36	67	26:36	74.40	5:51:55	4:43	40	1:25:18	66	1:25:18
Allzunah	15.00	1:21:46	5:27	126	33:28	175	33:28	89.40	7:13:41	4:51	40	1:58:46	66	1:58:46
Grenzadler	19.80	1:37:37	4:55	62	28:22	94	28:22	109.20	8:51:18	4:51	40	2:21:48	66	2:21:48
Nesselberg	13.80	1:04:36	4:40	41	15:58	45	15:58	123.00	9:55:54	4:50	40	2:37:26	66	2:37:26
Kleiner Inselsber	13.90	1:00:52	4:22	17	9:40	18	9:40	136.90	10:56:46	4:47	40	2:47:06	66	2:47:06
Hohe Sonne	19.70	1:33:06	4:43	65	27:22	86	27:22	156.60	12:29:52	4:47	40	3:11:48	66	3:11:48
Hirschel	14.70	1:13:02	4:58	55	23:34	68	23:34	171.30	13:42:54	4:48	40	3:35:22	49	3:35:22