



12. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 19.06.2010

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Sömmerdaer Gipfelstürmer

□□□: 13:43:51

□□: 112

□□: 12.45 km/h

□□□□: 4:49 min/km

□□: 171.30 km

Blankenstein-Hirschel

□□□□□: 51 (of 217)

□□□□□□: 10:07:32

□□□□:

□□□□□: 42(of 139)

Männerstaffel

□□□□□□□: 10:07:32

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	
Grumbach	17.20	1:21:52	4:45	70	20:27	97	20:27	17.20	1:21:52	4:45	42	20:05	68	20:05
Schildwiese	20.10	1:36:44	4:48	85	32:29	123	32:29	37.30	2:58:36	4:47	42	49:20	68	49:20
Neuhaus/ Gewerl	15.50	1:17:18	4:59	47	16:55	56	16:55	52.80	4:15:54	4:50	42	1:05:05	68	1:05:05
Triniusstein	21.60	1:43:27	4:47	63	29:23	88	29:23	74.40	5:59:21	4:49	42	1:32:44	68	1:32:44
Allzunah	15.00	1:10:04	4:40	66	21:46	80	21:46	89.40	7:09:25	4:48	42	1:54:30	68	1:54:30
Grenzadler	19.80	1:33:16	4:42	39	24:01	60	24:01	109.20	8:42:41	4:47	42	2:13:11	68	2:13:11
Nesselberg	13.80	1:05:47	4:46	46	17:09	51	17:09	123.00	9:48:28	4:47	42	2:30:00	68	2:30:00
Kleiner Inselsber	13.90	1:07:56	4:53	52	16:44	57	16:44	136.90	10:56:24	4:47	42	2:46:44	68	2:46:44
Hohe Sonne	19.70	1:32:21	4:41	55	26:37	75	26:37	156.60	12:28:45	4:46	42	3:10:41	68	3:10:41
Hirschel	14.70	1:15:06	5:06	65	25:38	81	25:38	171.30	13:43:51	4:48	42	3:36:19	51	3:36:19