



# 12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

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TU Ilmenau Runners

□□□: 10:50:42

□□: 128

□□: 15.77 km/h

□□□□: 3:48 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 6 (of 217)

□□□□□□: 10:07:32

□□□□:

□□□□□: 6(of 139)

Männerstaffel

□□□□□□□: 10:07:32

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:05:50	3:49	6	4:25	6	4:25	17.20	1:05:50	3:49	6	4:03	7	4:03
Schildwiese	20.10	1:10:15	3:29	6	6:00	6	6:00	37.30	2:16:05	3:38	6	6:49	7	6:49
Neuhaus/ Gewerl	15.50	1:02:47	4:03	6	2:24	6	2:24	52.80	3:18:52	3:45	6	8:03	7	8:03
Triniusstein	21.60	1:17:41	3:35	4	3:37	4	3:37	74.40	4:36:33	3:43	6	9:56	7	9:56
Allzunah	15.00	55:29	3:41	5	7:11	5	7:11	89.40	5:32:02	3:42	6	17:07	7	17:07
Grenzadler	19.80	1:18:30	3:57	7	9:15	10	9:15	109.20	6:50:32	3:45	6	21:02	7	21:02
Nesselberg	13.80	54:49	3:58	11	6:11	11	6:11	123.00	7:45:21	3:47	6	26:53	7	26:53
Kleiner Inselsber	13.90	52:05	3:44	2	0:53	2	0:53	136.90	8:37:26	3:46	6	27:46	7	27:46
Hohe Sonne	19.70	1:14:40	3:47	8	8:56	10	8:56	156.60	9:52:06	3:46	6	34:02	7	34:02
Hörschel	14.70	58:36	3:59	8	9:08	8	9:08	171.30	10:50:42	3:47	6	43:10	6	43:10