



# 12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

□□□□

M & H Rennsteigteam

□□□: 13:44:44

□□: 113

□□: 12.46 km/h  
□□□□: 4:49 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 53 (of 217)

□□□□□□: 10:07:32

□□□□:

Männerstaffel

□□□□□: 44(of 139)

□□□□□□□: 10:07:32

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:25:27	4:58	100	24:02	136	24:02	17.20	1:25:27	4:58	44	23:40	70	23:40
Schildwiese	20.10	1:22:30	4:06	21	18:15	31	18:15	37.30	2:47:57	4:30	44	38:41	70	38:41
Neuhaus/ Gewerl	15.50	1:23:24	5:22	65	23:01	85	23:01	52.80	4:11:21	4:45	44	1:00:32	70	1:00:32
Triniusstein	21.60	1:24:28	3:54	8	10:24	11	10:24	74.40	5:35:49	4:30	44	1:09:12	70	1:09:12
Allzunah	15.00	1:12:56	4:51	80	24:38	107	24:38	89.40	6:48:45	4:34	44	1:33:50	70	1:33:50
Grenzadler	19.80	1:39:19	5:00	79	30:04	114	30:04	109.20	8:28:04	4:39	44	1:58:34	70	1:58:34
Nesselberg	13.80	1:14:51	5:25	109	26:13	139	26:13	123.00	9:42:55	4:44	44	2:24:27	70	2:24:27
Kleiner Inselsber	13.90	1:14:19	5:20	85	23:07	106	23:07	136.90	10:57:14	4:48	44	2:47:34	70	2:47:34
Hohe Sonne	19.70	1:31:51	4:39	52	26:07	71	26:07	156.60	12:29:05	4:47	44	3:11:01	70	3:11:01
Hörschel	14.70	1:15:39	5:08	69	26:11	87	26:11	171.30	13:44:44	4:48	44	3:37:12	53	3:37:12