



12. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 19.06.2010

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Vorwärts rückwärts Oberschönau

□□□: 13:46:57

□□: 195

□□: 12.41 km/h

□□□□: 4:50 min/km

□□: 171.30 km

Blankenstein-Hirschel

□□□□□: 57 (of 217)

□□□□□□: 10:07:32

□□□□:

□□□□□: 47(of 139)

Männerstaffel

□□□□□□□: 10:07:32

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:31:41	5:19	122	30:16	174	30:16	17.20	1:31:41	5:19	47	29:54	74	29:54
Schildwiese	20.10	1:31:02	4:31	57	26:47	81	26:47	37.30	3:02:43	4:53	47	53:27	74	53:27
Neuhaus/ Gewerl	15.50	1:18:49	5:05	51	18:26	61	18:26	52.80	4:21:32	4:57	47	1:10:43	74	1:10:43
Triniusstein	21.60	1:46:24	4:55	79	32:20	108	32:20	74.40	6:07:56	4:56	47	1:41:19	74	1:41:19
Allzunah	15.00	1:05:19	4:21	37	17:01	40	17:01	89.40	7:13:15	4:50	47	1:58:20	74	1:58:20
Grenzdler	19.80	1:36:03	4:51	55	26:48	82	26:48	109.20	8:49:18	4:50	47	2:19:48	74	2:19:48
Nesselberg	13.80	1:02:57	4:33	30	14:19	32	14:19	123.00	9:52:15	4:48	47	2:33:47	74	2:33:47
Kleiner Inselsber	13.90	1:00:55	4:22	18	9:43	19	9:43	136.90	10:53:10	4:46	47	2:43:30	74	2:43:30
Hohe Sonne	19.70	1:35:39	4:51	76	29:55	105	29:55	156.60	12:28:49	4:46	47	3:10:45	74	3:10:45
Hirschel	14.70	1:18:08	5:18	85	28:40	106	28:40	171.30	13:46:57	4:49	47	3:39:25	57	3:39:25