



12. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 19.06.2010

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Dadner Rennsteigrenner

□□□: 13:47:29

□□: 121

□□: 12.40 km/h

□□□□: 4:50 min/km

□□: 171.30 km

Blankenstein-Hirschel

□□□□□: 60 (of 217)

□□□□□□: 10:07:32

□□□□:

□□□□□: 49(of 139)

Männerstaffel

□□□□□□□: 10:07:32

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	
Grumbach	17.20	1:29:06	5:10	112	27:41	156	27:41	17.20	1:29:06	5:10	49	27:19	76	27:19
Schildwiese	20.10	1:31:33	4:33	60	27:18	85	27:18	37.30	3:00:39	4:50	49	51:23	76	51:23
Neuhaus/ Gewerl	15.50	1:09:45	4:30	16	9:22	18	9:22	52.80	4:10:24	4:44	49	59:35	76	59:35
Triniusstein	21.60	1:37:40	4:31	37	23:36	50	23:36	74.40	5:48:04	4:40	49	1:21:27	76	1:21:27
Allzunah	15.00	1:16:09	5:04	108	27:51	142	27:51	89.40	7:04:13	4:44	49	1:49:18	76	1:49:18
Grenzadler	19.80	1:41:27	5:07	89	32:12	131	32:12	109.20	8:45:40	4:48	49	2:16:10	76	2:16:10
Nesselberg	13.80	1:06:45	4:50	56	18:07	61	18:07	123.00	9:52:25	4:48	49	2:33:57	76	2:33:57
Kleiner Inselsber	13.90	1:07:41	4:52	51	16:29	55	16:29	136.90	11:00:06	4:49	49	2:50:26	76	2:50:26
Hohe Sonne	19.70	1:30:25	4:35	42	24:41	58	24:41	156.60	12:30:31	4:47	49	3:12:27	76	3:12:27
Hirschel	14.70	1:16:58	5:14	80	27:30	99	27:30	171.30	13:47:29	4:49	49	3:39:57	60	3:39:57