



# 12. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 19.06.2010

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Kohlkopf Runners

□□□: 13:50:05

□□: 174

□□: 12.36 km/h  
□□□□: 4:51 min/km

□□: 171.30 km

Blankenstein-Hirschel

□□□□□: 62 (of 217)

□□□□□□: 10:07:32

□□□□:

□□□□□: 51(of 139)

Männerstaffel

□□□□□□□: 10:07:32

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Grumbach	17.20	1:11:24	4:09	20	9:59	23	9:59	17.20	1:11:24	4:09	51	9:37	78	9:37
Schildwiese	20.10	1:20:10	3:59	13	15:55	19	15:55	37.30	2:31:34	4:03	51	22:18	78	22:18
Neuhaus/ Gewerl	15.50	1:24:18	5:26	69	23:55	89	23:55	52.80	3:55:52	4:28	51	45:03	78	45:03
Triniusstein	21.60	1:46:26	4:55	80	32:22	109	32:22	74.40	5:42:18	4:36	51	1:15:41	78	1:15:41
Allzunah	15.00	1:08:56	4:35	58	20:38	69	20:38	89.40	6:51:14	4:35	51	1:36:19	78	1:36:19
Grenzadler	19.80	1:38:00	4:56	68	28:45	101	28:45	109.20	8:29:14	4:39	51	1:59:44	78	1:59:44
Nesselberg	13.80	57:59	4:12	14	9:21	14	9:21	123.00	9:27:13	4:36	51	2:08:45	78	2:08:45
Kleiner Inselsber	13.90	1:03:03	4:32	26	11:51	27	11:51	136.90	10:30:16	4:36	51	2:20:36	78	2:20:36
Hohe Sonne	19.70	1:55:37	5:52	130	49:53	194	49:53	156.60	12:25:53	4:45	51	3:07:49	78	3:07:49
Hirschel	14.70	1:24:12	5:43	112	34:44	145	34:44	171.30	13:50:05	4:50	51	3:42:33	62	3:42:33