



# 12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

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GutsMuths-Rennsteiglaufverein I

□□□: 10:54:43

□□: 105

□□: 15.67 km/h

□□□□: 3:49 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 7 (of 217)

□□□□□□: 10:07:32

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□□□□□: 7(of 139)

Männerstaffel

□□□□□□□: 10:07:32

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:04:55	3:46	5	3:30	5	3:30	17.20	1:04:55	3:46	7	3:08	8	3:08
Schildwiese	20.10	1:12:39	3:36	7	8:24	7	8:24	37.30	2:17:34	3:41	7	8:18	8	8:18
Neuhaus/ Gewerl	15.50	1:00:54	3:55	2	0:31	2	0:31	52.80	3:18:28	3:45	7	7:39	8	7:39
Triniusstein	21.60	1:20:35	3:43	7	6:31	9	6:31	74.40	4:39:03	3:45	7	12:26	8	12:26
Allzunah	15.00	56:07	3:44	7	7:49	7	7:49	89.40	5:35:10	3:44	7	20:15	8	20:15
Grenzadler	19.80	1:18:20	3:57	6	9:05	9	9:05	109.20	6:53:30	3:47	7	24:00	8	24:00
Nesselberg	13.80	52:19	3:47	7	3:41	7	3:41	123.00	7:45:49	3:47	7	27:21	8	27:21
Kleiner Inselsber	13.90	55:02	3:57	8	3:50	8	3:50	136.90	8:40:51	3:48	7	31:11	8	31:11
Hohe Sonne	19.70	1:15:33	3:50	10	9:49	12	9:49	156.60	9:56:24	3:48	7	38:20	8	38:20
Hörschel	14.70	58:19	3:58	7	8:51	7	8:51	171.30	10:54:43	3:49	7	47:11	7	47:11