



12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

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SSV Erfurt 02 Frauen

□□□: 14:53:52

□□: 4

□□: 11.48 km/h
□□□□: 5:13 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 128 (of 217)

□□□□□□: 10:07:32

□□□□:

□□□□□: 4(of 12)

Frauenstaffel

□□□□□□□: 13:40:55

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Grumbach | 17.20 | 1:39:37 | 5:47 | 5 | 25:01 | 198 | 38:12 | 17.20 | 1:39:37 | 5:47 | 4 | 20:46 | 218 | 37:50 |
| Schildwiese | 20.10 | 1:36:31 | 4:48 | 4 | 7:24 | 122 | 32:16 | 37.30 | 3:16:08 | 5:15 | 4 | 27:15 | 218 | 1:06:52 |
| Neuhaus/ Gewerl | 15.50 | 1:28:29 | 5:42 | 3 | 8:06 | 125 | 28:06 | 52.80 | 4:44:37 | 5:23 | 4 | 18:57 | 218 | 1:33:48 |
| Triniusstein | 21.60 | 1:56:05 | 5:22 | 5 | 24:19 | 160 | 42:01 | 74.40 | 6:40:42 | 5:23 | 4 | 43:16 | 218 | 2:14:05 |
| Allzunah | 15.00 | 1:16:22 | 5:05 | 4 | 9:38 | 148 | 28:04 | 89.40 | 7:57:04 | 5:20 | 4 | 52:54 | 218 | 2:42:09 |
| Grenzadler | 19.80 | 1:34:19 | 4:45 | 2 | 0:26 | 66 | 25:04 | 109.20 | 9:31:23 | 5:13 | 4 | 45:58 | 218 | 3:01:53 |
| Nesselberg | 13.80 | 1:13:50 | 5:21 | 5 | 9:25 | 128 | 25:12 | 123.00 | 10:45:13 | 5:14 | 4 | 54:12 | 218 | 3:26:45 |
| Kleiner Inselsber | 13.90 | 1:15:53 | 5:27 | 3 | 7:47 | 124 | 24:41 | 136.90 | 12:01:06 | 5:16 | 4 | 1:01:59 | 218 | 3:51:26 |
| Hohe Sonne | 19.70 | 1:37:58 | 4:58 | 4 | 11:42 | 116 | 32:14 | 156.60 | 13:39:04 | 5:13 | 4 | 1:05:26 | 218 | 4:21:00 |
| Hörschel | 14.70 | 1:14:48 | 5:05 | 3 | 7:31 | 78 | 25:20 | 171.30 | 14:53:52 | 5:13 | 4 | 1:12:57 | 128 | 4:46:20 |