



12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

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fit & run Die Echten

□□□: 13:54:55

□□: 115

□□: 12.31 km/h

□□□□: 4:52 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 66 (of 217)

□□□□□□: 10:07:32

□□□□:

□□□□□: 54(of 139)

Männerstaffel

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	km	□□	min/km	-	-	□□□	□□□	km	□□	min/km	-	-	□□□	□□□
Grumbach	17.20	1:09:15	4:01	10	7:50	12	7:50	17.20	1:09:15	4:01	54	7:28	83	7:28
Schildwiese	20.10	1:28:42	4:24	46	24:27	63	24:27	37.30	2:37:57	4:14	54	28:41	83	28:41
Neuhaus/ Gewerl	15.50	1:34:51	6:07	117	34:28	165	34:28	52.80	4:12:48	4:47	54	1:01:59	83	1:01:59
Triniusstein	21.60	1:48:33	5:01	89	34:29	120	34:29	74.40	6:01:21	4:51	54	1:34:44	83	1:34:44
Allzunah	15.00	1:07:49	4:31	49	19:31	59	19:31	89.40	7:09:10	4:48	54	1:54:15	83	1:54:15
Grenzadler	19.80	1:38:03	4:57	69	28:48	102	28:48	109.20	8:47:13	4:49	54	2:17:43	83	2:17:43
Nesselberg	13.80	1:03:27	4:35	34	14:49	36	14:49	123.00	9:50:40	4:48	54	2:32:12	83	2:32:12
Kleiner Inselsber	13.90	1:17:09	5:33	101	25:57	135	25:57	136.90	11:07:49	4:52	54	2:58:09	83	2:58:09
Hohe Sonne	19.70	1:27:31	4:26	30	21:47	43	21:47	156.60	12:35:20	4:49	54	3:17:16	83	3:17:16
Hörschel	14.70	1:19:35	5:24	94	30:07	117	30:07	171.30	13:54:55	4:52	54	3:47:23	66	3:47:23