



# 12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

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Faulunger Muskriggen

□□□: 13:56:10

□□: 214

□□: 12.27 km/h

□□□□: 4:53 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 67 (of 217)

□□□□□□: 10:07:32

□□□□:

□□□□□: 55(of 139)

Männerstaffel

□□□□□□□: 10:07:32

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:30:08	5:14	116	28:43	165	28:43	17.20	1:30:08	5:14	55	28:21	85	28:21
Schildwiese	20.10	1:31:48	4:34	62	27:33	88	27:33	37.30	3:01:56	4:52	55	52:40	85	52:40
Neuhaus/ Gewerl	15.50	1:12:52	4:42	28	12:29	31	12:29	52.80	4:14:48	4:49	55	1:03:59	85	1:03:59
Triniusstein	21.60	1:50:52	5:07	96	36:48	131	36:48	74.40	6:05:40	4:54	55	1:39:03	85	1:39:03
Allzunah	15.00	1:12:09	4:48	75	23:51	96	23:51	89.40	7:17:49	4:53	55	2:02:54	85	2:02:54
Grenzadler	19.80	1:40:40	5:05	84	31:25	124	31:25	109.20	8:58:29	4:55	55	2:28:59	85	2:28:59
Nesselberg	13.80	1:05:39	4:45	43	17:01	48	17:01	123.00	10:04:08	4:54	55	2:45:40	85	2:45:40
Kleiner Inselsber	13.90	1:20:32	5:47	117	29:20	163	29:20	136.90	11:24:40	5:00	55	3:15:00	85	3:15:00
Hohe Sonne	19.70	1:20:55	4:06	18	15:11	22	15:11	156.60	12:45:35	4:53	55	3:27:31	85	3:27:31
Hörschel	14.70	1:10:35	4:48	42	21:07	52	21:07	171.30	13:56:10	4:52	55	3:48:38	67	3:48:38