



12. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 19.06.2010

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Philippsthaler Landgrafen

□□□: 13:57:49

□□: 222

□□: 12.25 km/h

□□□□: 4:53 min/km

□□: 171.30 km

Blankenstein-Hirschel

□□□□□: 68 (of 217)

□□□□□□: 10:07:32

□□□□:

□□□□□: 56(of 139)

Männerstaffel

□□□□□□□: 10:07:32

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	
Grumbach	17.20	1:17:56	4:31	44	16:31	58	16:31	17.20	1:17:56	4:31	56	16:09	86	16:09
Schildwiese	20.10	1:50:07	5:28	128	45:52	187	45:52	37.30	3:08:03	5:02	56	58:47	86	58:47
Neuhaus/ Gewerl	15.50	1:24:37	5:27	72	24:14	93	24:14	52.80	4:32:40	5:09	56	1:21:51	86	1:21:51
Triniusstein	21.60	1:44:18	4:49	68	30:14	94	30:14	74.40	6:16:58	5:04	56	1:50:21	86	1:50:21
Allzunah	15.00	1:08:43	4:34	56	20:25	67	20:25	89.40	7:25:41	4:59	56	2:10:46	86	2:10:46
Grenzadler	19.80	1:37:37	4:55	62	28:22	94	28:22	109.20	9:03:18	4:58	56	2:33:48	86	2:33:48
Nesselberg	13.80	1:08:20	4:57	65	19:42	73	19:42	123.00	10:11:38	4:58	56	2:53:10	86	2:53:10
Kleiner Inselsber	13.90	1:04:12	4:37	32	13:00	34	13:00	136.90	11:15:50	4:56	56	3:06:10	86	3:06:10
Hohe Sonne	19.70	1:18:25	3:58	12	12:41	15	12:41	156.60	12:34:15	4:48	56	3:16:11	86	3:16:11
Hirschel	14.70	1:23:34	5:41	111	34:06	142	34:06	171.30	13:57:49	4:53	56	3:50:17	68	3:50:17