



12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

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Die Schönen ohne Biester

□□□: 13:59:25

□□: 145

□□: 12.22 km/h

□□□□: 4:54 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 69 (of 217)

□□□□□□: 10:07:32

□□□□:

□□□□□: 57(of 139)

Männerstaffel

□□□□□□□: 10:07:32

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:27:58	5:06	109	26:33	152	26:33	17.20	1:27:58	5:06	57	26:11	87	26:11
Schildwiese	20.10	1:23:41	4:09	26	19:26	38	19:26	37.30	2:51:39	4:36	57	42:23	87	42:23
Neuhaus/ Gewerl	15.50	1:27:41	5:39	86	27:18	117	27:18	52.80	4:19:20	4:54	57	1:08:31	87	1:08:31
Triniusstein	21.60	1:40:34	4:39	48	26:30	66	26:30	74.40	5:59:54	4:50	57	1:33:17	87	1:33:17
Allzunah	15.00	1:09:25	4:37	62	21:07	74	21:07	89.40	7:09:19	4:48	57	1:54:24	87	1:54:24
Grenzadler	19.80	1:40:03	5:03	83	30:48	118	30:48	109.20	8:49:22	4:50	57	2:19:52	87	2:19:52
Nesselberg	13.80	1:05:58	4:46	50	17:20	55	17:20	123.00	9:55:20	4:50	57	2:36:52	87	2:36:52
Kleiner Inselsber	13.90	1:20:17	5:46	114	29:05	158	29:05	136.90	11:15:37	4:56	57	3:05:57	87	3:05:57
Hohe Sonne	19.70	1:35:00	4:49	75	29:16	101	29:16	156.60	12:50:37	4:55	57	3:32:33	87	3:32:33
Hörschel	14.70	1:08:48	4:40	32	19:20	38	19:20	171.30	13:59:25	4:54	57	3:51:53	69	3:51:53