



12. Rennsteig-Staffellauf

Blankenstein bis Hirschel / 19.06.2010

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Bib Hope

□□□: 13:59:54

□□: 218

□□: 12.24 km/h

□□□□: 4:54 min/km

□□: 171.30 km

Blankenstein-Hirschel

□□□□□: 70 (of 217)

□□□□□□: 10:07:32

□□□□:

□□□□□: 58(of 139)

Männerstaffel

□□□□□□□: 10:07:32

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□	□□	□□	□□	
Grumbach	17.20	1:18:09	4:32	45	16:44	60	16:44	17.20	1:18:09	4:32	58	16:22	88	16:22
Schildwiese	20.10	1:30:50	4:31	56	26:35	80	26:35	37.30	2:48:59	4:31	58	39:43	88	39:43
Neuhaus/ Gewerl	15.50	1:27:48	5:39	88	27:25	119	27:25	52.80	4:16:47	4:51	58	1:05:58	88	1:05:58
Triniusstein	21.60	1:53:59	5:16	105	39:55	146	39:55	74.40	6:10:46	4:59	58	1:44:09	88	1:44:09
Allzunah	15.00	1:02:19	4:09	21	14:01	22	14:01	89.40	7:13:05	4:50	58	1:58:10	88	1:58:10
Grenzadler	19.80	1:39:44	5:02	81	30:29	116	30:29	109.20	8:52:49	4:52	58	2:23:19	88	2:23:19
Nesselberg	13.80	1:06:32	4:49	55	17:54	60	17:54	123.00	9:59:21	4:52	58	2:40:53	88	2:40:53
Kleiner Inselsber	13.90	1:11:49	5:09	74	20:37	87	20:37	136.90	11:11:10	4:54	58	3:01:30	88	3:01:30
Hohe Sonne	19.70	1:31:46	4:39	51	26:02	70	26:02	156.60	12:42:56	4:52	58	3:24:52	88	3:24:52
Hirschel	14.70	1:16:58	5:14	80	27:30	99	27:30	171.30	13:59:54	4:54	58	3:52:22	70	3:52:22