



12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

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sport frei...!!!

□□: 192

□□: 171.30 km

Blankenstein-Hörschel

□□□□:

Männerstaffel

□□□: 14:00:42

□□: 12.20 km/h

□□□□: 4:55 min/km

□□□□□: 72 (of 217)

□□□□□□: 10:07:32

□□□□□: 60(of 139)

□□□□□□□: 10:07:32

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|-------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Grumbach | 17.20 | 1:26:27 | 5:01 | 105 | 25:02 | 144 | 25:02 | 17.20 | 1:26:27 | 5:01 | 60 | 24:40 | 91 | 24:40 |
| Schildwiese | 20.10 | 1:33:10 | 4:38 | 70 | 28:55 | 99 | 28:55 | 37.30 | 2:59:37 | 4:48 | 60 | 50:21 | 91 | 50:21 |
| Neuhaus/ Gewerl | 15.50 | 1:20:08 | 5:10 | 57 | 19:45 | 68 | 19:45 | 52.80 | 4:19:45 | 4:55 | 60 | 1:08:56 | 91 | 1:08:56 |
| Triniusstein | 21.60 | 1:31:15 | 4:13 | 18 | 17:11 | 26 | 17:11 | 74.40 | 5:51:00 | 4:43 | 60 | 1:24:23 | 91 | 1:24:23 |
| Allzunah | 15.00 | 1:11:56 | 4:47 | 73 | 23:38 | 94 | 23:38 | 89.40 | 7:02:56 | 4:43 | 60 | 1:48:01 | 91 | 1:48:01 |
| Grenzadler | 19.80 | 1:37:56 | 4:56 | 66 | 28:41 | 99 | 28:41 | 109.20 | 8:40:52 | 4:46 | 60 | 2:11:22 | 91 | 2:11:22 |
| Nesselberg | 13.80 | 1:11:51 | 5:12 | 88 | 23:13 | 108 | 23:13 | 123.00 | 9:52:43 | 4:49 | 60 | 2:34:15 | 91 | 2:34:15 |
| Kleiner Inselsber | 13.90 | 1:12:06 | 5:11 | 76 | 20:54 | 91 | 20:54 | 136.90 | 11:04:49 | 4:51 | 60 | 2:55:09 | 91 | 2:55:09 |
| Hohe Sonne | 19.70 | 1:41:05 | 5:07 | 100 | 35:21 | 142 | 35:21 | 156.60 | 12:45:54 | 4:53 | 60 | 3:27:50 | 91 | 3:27:50 |
| Hörschel | 14.70 | 1:14:48 | 5:05 | 63 | 25:20 | 78 | 25:20 | 171.30 | 14:00:42 | 4:54 | 60 | 3:53:10 | 72 | 3:53:10 |