



12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

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team de javu

□□□: 14:02:41

□□: 194

□□: 12.18 km/h

□□□□: 4:55 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 76 (of 217)

□□□□□□: 10:07:32

□□□□:

□□□□□: 63(of 139)

Männerstaffel

□□□□□□□: 10:07:32

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| □□□ | □□ km | □□ □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ | □□ | □□ | □□ | |
|-------------------|----------|-----------------|---------|---------|-----------|-----------|-------|--------|----------|------|----|---------|----|---------|
| Grumbach | 17.20 | 1:13:33 | 4:16 | 26 | 12:08 | 32 | 12:08 | 17.20 | 1:13:33 | 4:16 | 63 | 11:46 | 94 | 11:46 |
| Schildwiese | 20.10 | 1:27:30 | 4:21 | 40 | 23:15 | 54 | 23:15 | 37.30 | 2:41:03 | 4:19 | 63 | 31:47 | 94 | 31:47 |
| Neuhaus/ Gewerl | 15.50 | 1:39:00 | 6:23 | 126 | 38:37 | 184 | 38:37 | 52.80 | 4:20:03 | 4:55 | 63 | 1:09:14 | 94 | 1:09:14 |
| Triniusstein | 21.60 | 1:31:59 | 4:15 | 19 | 17:55 | 29 | 17:55 | 74.40 | 5:52:02 | 4:43 | 63 | 1:25:25 | 94 | 1:25:25 |
| Allzunah | 15.00 | 1:18:05 | 5:12 | 118 | 29:47 | 157 | 29:47 | 89.40 | 7:10:07 | 4:48 | 63 | 1:55:12 | 94 | 1:55:12 |
| Grenzdler | 19.80 | 1:28:47 | 4:29 | 22 | 19:32 | 35 | 19:32 | 109.20 | 8:38:54 | 4:45 | 63 | 2:09:24 | 94 | 2:09:24 |
| Nesselberg | 13.80 | 1:09:43 | 5:03 | 71 | 21:05 | 82 | 21:05 | 123.00 | 9:48:37 | 4:47 | 63 | 2:30:09 | 94 | 2:30:09 |
| Kleiner Inselsber | 13.90 | 1:11:15 | 5:07 | 68 | 20:03 | 80 | 20:03 | 136.90 | 10:59:52 | 4:49 | 63 | 2:50:12 | 94 | 2:50:12 |
| Hohe Sonne | 19.70 | 1:39:58 | 5:04 | 93 | 34:14 | 132 | 34:14 | 156.60 | 12:39:50 | 4:51 | 63 | 3:21:46 | 94 | 3:21:46 |
| Hörschel | 14.70 | 1:22:51 | 5:38 | 107 | 33:23 | 137 | 33:23 | 171.30 | 14:02:41 | 4:55 | 63 | 3:55:09 | 76 | 3:55:09 |