



12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

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Sandhasenexpress Benshausen

□□□: 14:03:10

□□: 91

□□: 12.17 km/h

□□□□: 4:55 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 77 (of 217)

□□□□□□: 10:07:32

□□□□:

□□□□□: 64(of 139)

Männerstaffel

□□□□□□□: 10:07:32

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:29:31	5:12	115	28:06	160	28:06	17.20	1:29:31	5:12	64	27:44	95	27:44
Schildwiese	20.10	1:35:57	4:46	80	31:42	115	31:42	37.30	3:05:28	4:58	64	56:12	95	56:12
Neuhaus/ Gewerl	15.50	1:16:39	4:56	42	16:16	50	16:16	52.80	4:22:07	4:57	64	1:11:18	95	1:11:18
Triniusstein	21.60	1:43:08	4:46	62	29:04	86	29:04	74.40	6:05:15	4:54	64	1:38:38	95	1:38:38
Allzunah	15.00	1:05:02	4:20	35	16:44	37	16:44	89.40	7:10:17	4:48	64	1:55:22	95	1:55:22
Grenzadler	19.80	1:38:11	4:57	71	28:56	104	28:56	109.20	8:48:28	4:50	64	2:18:58	95	2:18:58
Nesselberg	13.80	1:02:05	4:29	22	13:27	23	13:27	123.00	9:50:33	4:48	64	2:32:05	95	2:32:05
Kleiner Inselsber	13.90	1:17:06	5:32	100	25:54	134	25:54	136.90	11:07:39	4:52	64	2:57:59	95	2:57:59
Hohe Sonne	19.70	1:44:53	5:19	110	39:09	161	39:09	156.60	12:52:32	4:55	64	3:34:28	95	3:34:28
Hörschel	14.70	1:10:38	4:48	44	21:10	54	21:10	171.30	14:03:10	4:55	64	3:55:38	77	3:55:38