



12. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 19.06.2010

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Burnout Erfurt

□□□: 14:07:09

□□: 217

□□: 12.11 km/h
□□□□: 4:57 min/km

□□: 171.30 km

Blankenstein-Hörschel

□□□□□: 80 (of 217)

□□□□□□: 10:07:32

□□□□:

□□□□□: 66(of 139)

Männerstaffel

□□□□□□□: 10:07:32

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.20	1:25:07	4:56	97	23:42	133	23:42	17.20	1:25:07	4:56	66	23:20	97	23:20
Schildwiese	20.10	1:32:12	4:35	64	27:57	91	27:57	37.30	2:57:19	4:45	66	48:03	97	48:03
Neuhaus/ Gewerl	15.50	1:26:04	5:33	83	25:41	106	25:41	52.80	4:23:23	4:59	66	1:12:34	97	1:12:34
Triniusstein	21.60	1:46:15	4:55	76	32:11	105	32:11	74.40	6:09:38	4:58	66	1:43:01	97	1:43:01
Allzunah	15.00	1:13:41	4:54	85	25:23	114	25:23	89.40	7:23:19	4:57	66	2:08:24	97	2:08:24
Grenzdler	19.80	1:36:19	4:51	58	27:04	85	27:04	109.20	8:59:38	4:56	66	2:30:08	97	2:30:08
Nesselberg	13.80	1:11:12	5:09	81	22:34	97	22:34	123.00	10:10:50	4:57	66	2:52:22	97	2:52:22
Kleiner Inselsber	13.90	1:09:50	5:01	61	18:38	72	18:38	136.90	11:20:40	4:58	66	3:11:00	97	3:11:00
Hohe Sonne	19.70	1:38:35	5:00	87	32:51	122	32:51	156.60	12:59:15	4:58	66	3:41:11	97	3:41:11
Hörschel	14.70	1:07:54	4:37	27	18:26	31	18:26	171.30	14:07:09	4:56	66	3:59:37	80	3:59:37