



# 2. Schiller-Staffellauf 2010

Rudolstadt / 28.08.2010

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## Schleichende Halunken

□□□: 8:18:26

□□: 22

□□: 12.19 km/h

□□□□: 4:55 min/km

□□: 101.30 km

Schiller-Staffel

□□□□□: 4 (of 32)

□□□□□□: 6:55:23

□□□□:

Männer

□□□□□: 4 (of 25)

□□□□□□□: 6:55:23

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□□□□

□□□

| □□□          | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ | □□□    | □□□     | □□□  | □□<br>- | □□<br>- | □□<br>□□□ | □□<br>□□□ |
|--------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|---------|------|---------|---------|-----------|-----------|
| Schauenforst | 17.10    | 1:25:37  | 5:00         | 4       | 10:15   | 5         | 10:15     | 17.10  | 1:25:37 | 5:00 | 17      | 10:15   | 20        | 10:15     |
| Maua         | 22.50    | 1:39:16  | 4:24         | 4       | 5:18    | 4         | 5:18      | 39.60  | 3:04:53 | 4:40 | 17      | 15:33   | 20        | 15:33     |
| Magdala      | 13.50    | 1:03:59  | 4:44         | 4       | 9:14    | 5         | 10:45     | 53.10  | 4:08:52 | 4:41 | 17      | 24:47   | 20        | 24:47     |
| Belvedere    | 11.00    | 55:58    | 5:05         | 11      | 14:49   | 12        | 14:49     | 64.10  | 5:04:50 | 4:45 | 17      | 39:36   | 20        | 39:36     |
| Blankenhain  | 13.30    | 1:15:36  | 5:41         | 12      | 21:08   | 12        | 21:08     | 77.40  | 6:20:26 | 4:54 | 17      | 1:00:44 | 20        | 1:00:44   |
| Luisenturm   | 14.00    | 1:01:11  | 4:22         | 4       | 5:33    | 4         | 5:33      | 91.40  | 7:21:37 | 4:49 | 17      | 1:06:17 | 20        | 1:06:17   |
| Rudolstadt   | 9.90     | 56:49    | 5:44         | 17      | 16:46   | 18        | 16:46     | 101.30 | 8:18:26 | 4:55 | 4       | 1:23:03 | 4         | 1:23:03   |