



2. Schiller-Staffellauf 2010

Rudolstadt / 28.08.2010

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fit&run Irrläufer

□□: 39

□□: 101.30 km

Schiller-Staffel

□□□□:

Männer

□□□: 8:44:31

□□: 11.59 km/h

□□□□: 5:11 min/km

□□□□□: 8 (of 32)

□□□□□□: 6:55:23

□□□□□: 8 (of 25)

□□□□□□□: 6:55:23

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Schauenforst	17.10	1:33:07	5:26	12	17:45	14	17:45	17.10	1:33:07	5:26	22	17:45	25	17:45
Maua	22.50	1:45:31	4:41	5	11:33	6	11:33	39.60	3:18:38	5:00	22	29:18	25	29:18
Magdala	13.50	1:11:00	5:15	11	16:15	12	17:46	53.10	4:29:38	5:04	22	45:33	25	45:33
Belvedere	11.00	53:55	4:54	7	12:46	8	12:46	64.10	5:23:33	5:02	22	58:19	25	58:19
Blankenhain	13.30	1:06:53	5:01	6	12:25	6	12:25	77.40	6:30:26	5:02	22	1:10:44	25	1:10:44
Luisenturm	14.00	1:02:07	4:26	5	6:29	5	6:29	91.40	7:32:33	4:57	22	1:17:13	25	1:17:13
Rudolstadt	9.90	1:11:58	7:16	25	31:55	31	31:55	101.30	8:44:31	5:10	8	1:49:08	8	1:49:08