



2. Schiller-Staffellauf 2010

Rudolstadt / 28.08.2010

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Trefffurter Sperrachen

□□□: 8:12:05

□□: 25

□□: 12.31 km/h

□□□□: 4:52 min/km

□□: 101.30 km

Schiller-Staffel

□□□□□: 3 (of 32)

□□□□□□: 6:55:23

□□□□:

□□□□□: 3(of 25)

Männer

□□□□□□□: 6:55:23

□□□□

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|--------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|---------|------|---------|---------|-----------|-----------|
| Schauenforst | 17.10 | 1:25:33 | 5:00 | 3 | 10:11 | 4 | 10:11 | 17.10 | 1:25:33 | 5:00 | 24 | | 31 | |
| Maua | 22.50 | 1:49:21 | 4:51 | 9 | 15:23 | 10 | 15:23 | 39.60 | 3:14:54 | 4:55 | 24 | 7:22 | 31 | |
| Magdala | 13.50 | 1:08:13 | 5:03 | 9 | 13:28 | 10 | 14:59 | 53.10 | 4:23:07 | 4:57 | 24 | 2:07 | 31 | |
| Belvedere | 11.00 | 51:36 | 4:41 | 4 | 10:27 | 4 | 10:27 | 64.10 | 5:14:43 | 4:54 | 24 | | 31 | |
| Blankenhain | 13.30 | 1:11:35 | 5:22 | 8 | 17:07 | 8 | 17:07 | 77.40 | 6:26:18 | 4:59 | 24 | | 31 | |
| Luisenturm | 14.00 | 59:08 | 4:13 | 3 | 3:30 | 3 | 3:30 | 91.40 | 7:25:26 | 4:52 | 24 | | 31 | |
| Rudolstadt | 9.90 | 46:39 | 4:42 | 5 | 6:36 | 6 | 6:36 | 101.30 | 8:12:05 | 4:51 | 3 | 1:16:42 | 3 | 1:16:42 |