



3. Schiller-Staffel-Lauf

Rudolstadt / 20.08.2011

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Laufburschen

□□□: 8:48:11

□□: 19

□□: 11.93 km/h

□□□□: 5:01 min/km

□□: 105.50 km

Schiller-Staffel

□□□□□: 10 (of 37)

□□□□□□: 7:18:37

□□□□:

□□□□□: 9(of 23)

Männer

□□□□□□□: 7:18:37

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|--------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|---------|------|---------|---------|-----------|-----------|
| Schauenforst | 17.00 | 1:29:39 | 5:16 | 10 | 17:29 | 13 | 17:29 | 17.00 | 1:29:39 | 5:16 | 15 | - | 30 | |
| Maua | 22.40 | 1:42:42 | 4:35 | 3 | 14:30 | 4 | 14:30 | 39.40 | 3:12:21 | 4:52 | 15 | - | 30 | |
| Magdala | 13.50 | 1:06:38 | 4:56 | 8 | 13:57 | 13 | 13:57 | 52.90 | 4:18:59 | 4:53 | 15 | - | 30 | |
| Belvedere | 11.10 | 1:01:41 | 5:33 | 16 | 19:06 | 18 | 19:06 | 64.00 | 5:20:40 | 5:00 | 15 | - | 30 | |
| Blankenhain | 15.40 | 1:15:06 | 4:52 | 6 | 10:15 | 7 | 10:15 | 79.40 | 6:35:46 | 4:59 | 15 | - | 30 | |
| Luisenturm | 16.20 | 1:24:34 | 5:13 | 12 | 19:05 | 14 | 19:05 | 95.60 | 8:00:20 | 5:01 | 15 | - | 30 | |
| Rudolstadt | 9.90 | 47:51 | 4:49 | 7 | 11:23 | 9 | 11:23 | 105.50 | 8:48:11 | 5:00 | 10 | 1:29:34 | 11 | 1:29:34 |