



3. Schiller-Staffel-Lauf

Rudolstadt / 20.08.2011

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Kreissparkasse & Friends

□□□: 9:30:22

□□: 26

□□: 11.05 km/h

□□□□: 5:25 min/km

□□: 105.50 km

Schiller-Staffel

□□□□□: 14 (of 37)

□□□□□□: 7:18:37

□□□□:

□□□□□: 12(of 23)

Männer

□□□□□□□: 7:18:37

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Schauenforst	17.00	1:39:08	5:49	19	26:58	29	26:58	17.00	1:39:08	5:49	12	5:59	34	
Maua	22.40	1:54:42	5:07	14	26:30	17	26:30	39.40	3:33:50	5:25	12	12:23	34	
Magdala	13.50	1:07:39	5:00	10	14:58	15	14:58	52.90	4:41:29	5:19	12	1:09	34	
Belvedere	11.10	1:01:09	5:30	15	18:34	17	18:34	64.00	5:42:38	5:21	12	5:52	34	
Blankenhain	15.40	1:25:03	5:31	13	20:12	18	20:12	79.40	7:07:41	5:23	12	6:28	34	
Luisenturm	16.20	1:27:34	5:24	16	22:05	19	22:05	95.60	8:35:15	5:23	12	16:39	34	
Rudolstadt	9.90	55:07	5:34	14	18:39	20	18:39	105.50	9:30:22	5:24	13	2:11:45	15	2:11:45