



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 |