



3. Schiller-Staffel-Lauf

Rudolstadt / 20.08.2011

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X-Runners

□□: 29

□□: 105.50 km
Schiller-Staffel

□□□□:
Männer

□□□: 7:47:31

□□: 13.48 km/h
□□□□: 4:26 min/km

□□□□□: 2 (of 37)

□□□□□□: 7:18:37

□□□□□: 2 (of 23)

□□□□□□□: 7:18:37

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□	□□ □□	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□	□□ □□
Schauenforst	17.00	1:19:09	4:39	3	6:59	3	6:59	17.00	1:19:09	4:39	23			21	
Maua	22.40	1:45:17	4:42	6	17:05	7	17:05	39.40	3:04:26	4:40	23			21	
Magdala	13.50	56:17	4:10	3	3:36	3	3:36	52.90	4:00:43	4:33	23			21	
Belvedere	11.10	49:02	4:25	4	6:27	4	6:27	64.00	4:49:45	4:31	23			21	
Blankenhain	15.40	1:10:52	4:36	3	6:01	3	6:01	79.40	6:00:37	4:32	23			21	
Luisenturm	16.20	1:10:26	4:20	2	4:57	2	4:57	95.60	7:11:03	4:30	23			21	
Rudolstadt	9.90	36:28	3:41	1	-	1	-	105.50	7:47:31	4:25	2	28:54	2	28:54	