



3. Schiller-Staffel-Lauf Rudolstadt / 20.08.2011

□□□□

Copacabana Läuferinnen

□□□: 9:47:59

□□: 3

□□: 10.77 km/h

□□□□: 5:34 min/km

□□: 105.50 km

Schiller-Staffel

□□□□□: 20 (of 37)

□□□□□□: 7:18:37

□□□□:

□□□□□: 2(of 4)

Frauen

□□□□□□□: 9:41:00

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□	□□ □□	□□□	□□□	□□□	□□ -	□□ -	□□ □□	□□ □□
Schauenforst	17.00	1:30:16	5:18	1	-	14	18:06	17.00	1:30:16	5:18	2	-	3	
Maua	22.40	2:01:35	5:25	1	-	24	33:23	39.40	3:31:51	5:22	2	-	3	
Magdala	13.50	1:06:17	4:54	1	-	11	13:36	52.90	4:38:08	5:15	2	-	3	
Belvedere	11.10	1:07:49	6:06	1	-	32	25:14	64.00	5:45:57	5:24	2	-	3	
Blankenhain	15.40	1:27:29	5:40	2	7:20	20	22:38	79.40	7:13:26	5:27	2	-	3	
Luisenturm	16.20	1:39:48	6:09	3	12:56	33	34:19	95.60	8:53:14	5:34	2	3:23	3	
Rudolstadt	9.90	54:45	5:31	3	3:36	19	18:17	105.50	9:47:59	5:34	2	6:59	21	2:29:22