



### 3. Schiller-Staffel-Lauf Rudolstadt / 20.08.2011

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Flotte Schnecken

□□□: 10:02:08

□□: 35

□□: 10.46 km/h

□□□□: 5:43 min/km

□□: 105.50 km

Schiller-Staffel

□□□□□: 24 (of 37)

□□□□□□: 7:18:37

□□□□:

□□□□□: 3(of 4)

Frauen

□□□□□□□: 9:41:00

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□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Schauenforst	17.00	1:33:52	5:31	3	3:36	22	21:42	17.00	1:33:52	5:31	3		5	
Maua	22.40	2:10:03	5:48	4	8:28	32	41:51	39.40	3:43:55	5:40	3	0:04	5	
Magdala	13.50	1:09:30	5:08	3	3:13	21	16:49	52.90	4:53:25	5:32	3	0:15	5	
Belvedere	11.10	1:19:08	7:07	4	11:19	35	36:33	64.00	6:12:33	5:49	3	10:29	5	5:13
Blankenhain	15.40	1:28:44	5:45	3	8:35	23	23:53	79.40	7:41:17	5:48	3	19:04	5	
Luisenturm	16.20	1:26:52	5:21	1	-	17	21:23	95.60	9:08:09	5:44	3	18:18	5	
Rudolstadt	9.90	53:59	5:27	2	2:50	18	17:31	105.50	10:02:08	5:42	3	21:08	25	2:43:31