



3. Schiller-Staffel-Lauf

Rudolstadt / 20.08.2011

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LG Friedrichroda mix

□□□: 9:56:28

□□: 15

□□: 10.56 km/h

□□□□: 5:39 min/km

□□: 105.50 km

Schiller-Staffel

□□□□□: 23 (of 37)

□□□□□□: 7:18:37

□□□□:

□□□□□: 5(of 10)

Mixed

□□□□□□□: 8:21:47

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Schauenforst	17.00	1:39:38	5:51	7	11:12	30	27:28	17.00	1:39:38	5:51	6	10:39	8	
Maua	22.40	1:59:04	5:18	6	25:48	22	30:52	39.40	3:38:42	5:33	6	36:27	8	
Magdala	13.50	1:16:44	5:41	7	14:49	30	24:03	52.90	4:55:26	5:35	6	47:46	8	
Belvedere	11.10	1:02:53	5:39	3	9:16	19	20:18	64.00	5:58:19	5:35	6	57:02	8	
Blankenhain	15.40	1:37:30	6:19	7	22:49	31	32:39	79.40	7:35:49	5:44	6	1:19:51	8	
Luisenturm	16.20	1:20:55	4:59	2	8:23	11	15:26	95.60	8:56:44	5:36	6	1:28:14	8	
Rudolstadt	9.90	59:44	6:02	7	16:49	29	23:16	105.50	9:56:28	5:39	5	1:34:41	24	2:37:51