



3. Schiller-Staffel-Lauf

Rudolstadt / 20.08.2011

□□□□

Heidexen

□□□: 10:06:09

□□: 37

□□: 10.39 km/h

□□□□: 5:45 min/km

□□: 105.50 km

Schiller-Staffel

□□□□□: 25 (of 37)

□□□□□□: 7:18:37

□□□□:

□□□□□: 17(of 23)

Männer

□□□□□□□: 7:18:37

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|--------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Schauenforst | 17.00 | 1:36:29 | 5:40 | 16 | 24:19 | 25 | 24:19 | 17.00 | 1:36:29 | 5:40 | 7 | 3:20 | 9 | |
| Maua | 22.40 | 1:49:30 | 4:53 | 10 | 21:18 | 11 | 21:18 | 39.40 | 3:25:59 | 5:13 | 7 | 4:32 | 9 | |
| Magdala | 13.50 | 1:11:31 | 5:17 | 14 | 18:50 | 22 | 18:50 | 52.90 | 4:37:30 | 5:14 | 7 | | 9 | |
| Belvedere | 11.10 | 59:19 | 5:20 | 12 | 16:44 | 14 | 16:44 | 64.00 | 5:36:49 | 5:15 | 7 | 0:03 | 9 | |
| Blankenhain | 15.40 | 1:25:34 | 5:33 | 14 | 20:43 | 19 | 20:43 | 79.40 | 7:02:23 | 5:19 | 7 | 1:10 | 9 | |
| Luisenturm | 16.20 | 2:06:31 | 7:48 | 23 | 1:01:02 | 37 | 1:01:02 | 95.60 | 9:08:54 | 5:44 | 7 | 50:18 | 9 | |
| Rudolstadt | 9.90 | 57:15 | 5:46 | 16 | 20:47 | 24 | 20:47 | 105.50 | 10:06:09 | 5:44 | 18 | 2:47:32 | 26 | 2:47:32 |