



# 3. Schiller-Staffel-Lauf

Rudolstadt / 20.08.2011

□□□□

Heidexen

□□□: 10:06:09

□□: 37

□□: 10.44 km/h

□□□□: 5:45 min/km

□□: 105.50 km

Schiller-Staffel

□□□□□: 25 (of 37)

□□□□□□: 7:18:37

□□□□:

□□□□□: 17(of 23)

Männer

□□□□□□□: 7:18:37

□□□□

□□□□

□□□

□□□	□□ 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