



# 3. Schiller-Staffel-Lauf

Rudolstadt / 20.08.2011

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DURCHLÄUFER

□□□: 10:17:25

□□: 22

□□: 10.20 km/h

□□□□: 5:51 min/km

□□: 105.50 km

Schiller-Staffel

□□□□□: 29 (of 37)

□□□□□□: 7:18:37

□□□□:

□□□□□: 19(of 23)

Männer

□□□□□□□: 7:18:37

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Schauenforst	17.00	1:44:51	6:10	22	32:41	33	32:41	17.00	1:44:51	6:10	5	11:42	1	-
Maua	22.40	2:06:46	5:39	19	38:34	28	38:34	39.40	3:51:37	5:52	5	30:10	1	-
Magdala	13.50	1:12:47	5:23	15	20:06	23	20:06	52.90	5:04:24	5:45	5	24:04	1	-
Belvedere	11.10	1:02:56	5:40	17	20:21	20	20:21	64.00	6:07:20	5:44	5	30:34	1	-
Blankenhain	15.40	1:37:18	6:19	21	32:27	30	32:27	79.40	7:44:38	5:51	5	43:25	1	-
Luisenturm	16.20	1:31:33	5:39	19	26:04	25	26:04	95.60	9:16:11	5:49	5	57:35	1	-
Rudolstadt	9.90	1:01:14	6:11	19	24:46	30	24:46	105.50	10:17:25	5:51	20	2:58:48	30	2:58:48