



3. Schiller-Staffel-Lauf

Rudolstadt / 20.08.2011

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Hallunken/ LAV Halensia

□□□: 8:21:47

□□: 6

□□: 12.56 km/h

□□□□: 4:46 min/km

□□: 105.50 km

Schiller-Staffel

□□□□□: 3 (of 37)

□□□□□□: 7:18:37

□□□□:

□□□□□: 1(of 10)

Mixed

□□□□□□□: 8:21:47

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□	□□ □□	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □□	□□ □□
Schauenforst	17.00	1:28:59	5:14	3	0:33	12	16:49	17.00	1:28:59	5:14	1	-	22		
Maua	22.40	1:33:16	4:09	1	-	3	5:04	39.40	3:02:15	4:37	1	-	22		
Magdala	13.50	1:05:25	4:50	3	3:30	10	12:44	52.90	4:07:40	4:40	1	-	22		
Belvedere	11.10	53:37	4:49	1	-	6	11:02	64.00	5:01:17	4:42	1	-	22		
Blankenhain	15.40	1:14:41	4:50	1	-	6	9:50	79.40	6:15:58	4:44	1	-	22		
Luisenturm	16.20	1:12:32	4:28	1	-	3	7:03	95.60	7:28:30	4:41	1	-	22		
Rudolstadt	9.90	53:17	5:22	3	10:22	16	16:49	105.50	8:21:47	4:45	1	-	3	1:03:10	