



### 3. Schiller-Staffel-Lauf

Rudolstadt / 20.08.2011

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Kreissparkasse-Mixed it up

□□□: 10:13:07

□□: 25

□□: 10.28 km/h

□□□□: 5:49 min/km

□□: 105.50 km

Schiller-Staffel

□□□□□: 27 (of 37)

□□□□□□: 7:18:37

□□□□:

□□□□□: 7(of 10)

Mixed

□□□□□□□: 8:21:47

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Schauenforst	17.00	1:28:48	5:13	2	0:22	11	16:38	17.00	1:28:48	5:13	8		13	
Maua	22.40	1:59:14	5:19	7	25:58	23	31:02	39.40	3:28:02	5:16	8	25:47	13	
Magdala	13.50	1:08:40	5:05	5	6:45	16	15:59	52.90	4:36:42	5:13	8	29:02	13	
Belvedere	11.10	1:04:42	5:49	5	11:05	24	22:07	64.00	5:41:24	5:20	8	40:07	13	
Blankenhain	15.40	1:42:05	6:37	8	27:24	32	37:14	79.40	7:23:29	5:35	8	1:07:31	13	
Luisenturm	16.20	1:42:40	6:20	10	30:08	34	37:11	95.60	9:06:09	5:42	8	1:37:39	13	
Rudolstadt	9.90	1:06:58	6:45	8	24:03	34	30:30	105.50	10:13:07	5:48	7	1:51:20	28	2:54:30