



### 3. Schiller-Staffel-Lauf

Rudolstadt / 20.08.2011

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**BLOCKER**

□□: 24

□□: 105.50 km

Schiller-Staffel

□□□□:

Mixed

□□□: 10:47:39

□□: 9.73 km/h

□□□□: 6:08 min/km

□□□□□: 32 (of 37)

□□□□□□: 7:18:37

□□□□□: 8(of 10)

□□□□□□□: 8:21:47

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Schauenforst	17.00	1:45:30	6:12	8	17:04	34	33:20	17.00	1:45:30	6:12	9	16:31	15	0:39
Maua	22.40	2:07:01	5:40	8	33:45	30	38:49	39.40	3:52:31	5:54	9	50:16	15	0:54
Magdala	13.50	1:32:26	6:50	10	30:31	37	39:45	52.90	5:24:57	6:08	9	1:17:17	15	20:33
Belvedere	11.10	1:06:02	5:56	8	12:25	29	23:27	64.00	6:30:59	6:06	9	1:29:42	15	23:39
Blankenhain	15.40	1:34:45	6:09	6	20:04	29	29:54	79.40	8:05:44	6:07	9	1:49:46	15	21:06
Luisenturm	16.20	1:33:23	5:45	7	20:51	29	27:54	95.60	9:39:07	6:03	9	2:10:37	15	22:56
Rudolstadt	9.90	1:08:32	6:55	9	25:37	35	32:04	105.50	10:47:39	6:08	8	2:25:52	33	3:29:02