



3. Schiller-Staffel-Lauf

Rudolstadt / 20.08.2011

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Volks(bank)läufer

□□□: 11:08:28

□□: 13

□□: 9.42 km/h

□□□□: 6:20 min/km

□□: 105.50 km

Schiller-Staffel

□□□□□: 36 (of 37)

□□□□□□: 7:18:37

□□□□:

□□□□□: 10(of 10)

Mixed

□□□□□□□: 8:21:47

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|--------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Schauenforst | 17.00 | 1:56:02 | 6:49 | 10 | 27:36 | 37 | 43:52 | 17.00 | 1:56:02 | 6:49 | 10 | 27:03 | 17 | 11:11 |
| Maua | 22.40 | 2:16:12 | 6:04 | 9 | 42:56 | 33 | 48:00 | 39.40 | 4:12:14 | 6:24 | 10 | 1:09:59 | 17 | 20:37 |
| Magdala | 13.50 | 1:28:29 | 6:33 | 8 | 26:34 | 35 | 35:48 | 52.90 | 5:40:43 | 6:26 | 10 | 1:33:03 | 17 | 36:19 |
| Belvedere | 11.10 | 1:05:34 | 5:54 | 7 | 11:57 | 28 | 22:59 | 64.00 | 6:46:17 | 6:20 | 10 | 1:45:00 | 17 | 38:57 |
| Blankenhain | 15.40 | 1:46:55 | 6:56 | 9 | 32:14 | 34 | 42:04 | 79.40 | 8:33:12 | 6:27 | 10 | 2:17:14 | 17 | 48:34 |
| Luisenturm | 16.20 | 1:37:15 | 6:00 | 8 | 24:43 | 31 | 31:46 | 95.60 | 10:10:27 | 6:23 | 10 | 2:41:57 | 17 | 54:16 |
| Rudolstadt | 9.90 | 58:01 | 5:51 | 6 | 15:06 | 25 | 21:33 | 105.50 | 11:08:28 | 6:20 | 10 | 2:46:41 | 37 | 3:49:51 |