



### 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

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	km	□□	min/km	-	-	□□□	□□□	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