



3. Schiller-Staffel-Lauf

Rudolstadt / 20.08.2011

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LAV Halensia

□□□: 8:29:01

□□: 12

□□: 12.38 km/h

□□□□: 4:49 min/km

□□: 105.50 km

Schiller-Staffel

□□□□□: 5 (of 37)

□□□□□□: 7:18:37

□□□□:

□□□□□: 4(of 23)

Männer

□□□□□□□: 7:18:37

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Schauenforst	17.00	1:22:16	4:50	4	10:06	4	10:06	17.00	1:22:16	4:50	20	-	25	
Maua	22.40	1:30:28	4:02	2	2:16	2	2:16	39.40	2:52:44	4:23	20	-	25	
Magdala	13.50	1:03:11	4:40	6	10:30	8	10:30	52.90	3:55:55	4:27	20	-	25	
Belvedere	11.10	1:03:18	5:42	18	20:43	21	20:43	64.00	4:59:13	4:40	20	-	25	
Blankenhain	15.40	1:27:56	5:42	16	23:05	22	23:05	79.40	6:27:09	4:52	20	-	25	
Luisenturm	16.20	1:15:12	4:38	3	9:43	4	9:43	95.60	7:42:21	4:50	20	-	25	
Rudolstadt	9.90	46:40	4:42	6	10:12	8	10:12	105.50	8:29:01	4:49	5	1:10:24	6	1:10:24