



6. thüringen ULTRA  
Fröttstädt / 07.07.2012

□□□□

SV Emleben/ LG Oelde-Wadersloh

□□□: 11:19:02

□□: 2016

□□: 8.86 km/h

□□□□: 6:47 min/km

□□: 100.22 km

Staffel 2x50 km

□□□□□: 12 (of 17)

□□□□□□: 8:19:04

□□□□:

□□□□□: 3 (of 7)

Mixstaffel

□□□□□□□: 9:34:53

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Glasbachwiese	27.39	3:07:02	6:49	3	29:14	11	58:20	27.39	3:07:02	6:49	3	29:14	6	58:20
Floh-Seligenthal	27.74	3:14:00	6:59	3	36:43	11	55:50	55.13	6:21:02	6:54	3	1:05:57	6	1:54:10
Finsterbergen	22.03	2:17:23	6:14	3	11:32	10	33:29	77.16	8:38:25	6:43	3	1:17:29	6	2:27:39
Fröttstädt	23.06	2:40:37	6:57	5	26:40	12	38:25	100.22	11:19:02	6:46	3	1:44:09	12	2:59:58