

Häcker, Karsten

□□: 5 Ziegen

|||: 8

□□: 100.00 km Thüringen Ultra

Männer M40

□□□: 12:52:32

□□: 7.77 km/h

□□□: 7:44 min/km

_____: 86 (of 141)

____/_: 76 (of 121)

[][][]: 8:44:09

□□□□: 17(of 26)

____: 9:09:58

	km		min/km	-	-			km		min/km	-	-		
Ruhlaer Skihütte	24.00	2:50:21	7:05	16	46:42	74	50:47	24.00	2:50:21	7:05	11		75	50:47
Floh-Seligenthal	26.40	3:16:15	7:26	21	1:01:26	90	1:04:43	50.40	6:06:36	7:16	11	5:27	75	1:55:30
Finsterbergen	24.00	3:19:31	8:18	19	58:29	81	1:04:45	74.40	9:26:07	7:36	11	20:06	74	3:00:15
Fröttstätt	25.60	3:26:25	8:03	14	1:05:50	64	1:08:08	100.00	12:52:32	7:43	17	3:42:34	77	4:08:23