



Ecke, Thomas

□□: USV-Jena

□□: 91

□□: 100.00 km Thüringen Ultra

Männer M40

□□□: 9:41:58

□□: 10.31 km/h

□□□□: 5:49 min/km

______ 6 (of 141)

____/_: 6 (of 121)

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

□□□□: 3(of 26)

____: 9:09:58

	km		min/km	-	-			km		min/km	-	-		
Ruhlaer Skihütte	24.00	2:09:02	5:22	4	5:23	6	9:28	24.00	2:09:02	5:22	25		6	9:28
Floh-Seligenthal	26.40	2:15:28	5:07	2	0:39	3	3:56	50.40	4:24:30	5:14	25		6	13:24
Finsterbergen	24.00	2:40:40	6:41	6	19:38	17	25:54	74.40	7:05:10	5:42	25		6	39:18
Fröttstätt	25.60	2:36:48	6:07	8	16:13	14	18:31	100.00	9:41:58	5:49	3	32:00	6	57:49