



Häger, Sven-Eric

□□: KNBLO-Niederlande

□□: 9

□□: 100.00 km Thüringen Ultra

Männer M40

□□□: 14:55:42

□□: 6.70 km/h

□□□□: 8:58 min/km

_____: 124 (of 141)

______: 108 (of 121)

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

□□□□: 23(of 26)

____: 9:09:58

	km		min/km	-	-			km		min/km	-	-		
Ruhlaer Skihütte	24.00	2:45:39	6:54	13	42:00	62	46:05	24.00	2:45:39	6:54	5		108	46:05
Floh-Seligenthal	26.40	3:45:19	8:32	25	1:30:30	114	1:33:47	50.40	6:30:58	7:45	5	29:49	108	2:19:52
Finsterbergen	24.00	4:15:08	10:37	24	1:54:06	115	2:00:22	74.40	10:46:06	8:41	5	1:40:05	107	4:20:14
Fröttstätt	25.60	4:09:36	9:45	22	1:49:01	105	1:51:19	100.00	14:55:42	8:57	23	5:45:44	109	6:11:33