



Hardenack, Frank

□□: Neuenkleusheim

□□: 156

□□: 100.00 km Thüringen Ultra

Männer M30

□□□: 8:44:09

□□: 11.45 km/h

□□□□: 5:14 min/km

_____: 1 (of 141)

____/_: 1 (of 121)

DDDDD: 8:44:09

____: 1(of 7)

||||||||: 8:44:09

	km		min/km	-	-			km		min/km	-	-		
Ruhlaer Skihütte	24.00	1:59:34	4:58	1	-	1	-	24.00 1	:59:34	4:58	1	-	1	-
Floh-Seligenthal	26.40	2:11:32	4:58	1	-	1	-	50.40 4	:11:06	4:58	1	-	1	-
Finsterbergen	24.00	2:14:46	5:36	1	-	1	-	74.40 6	:25:52	5:11	1	-	1	-
Fröttstätt	25.60	2:18:17	5:24	1	-	1	-	100.00 8	:44:09	5:14	1	-	1	-