



# 3. Thüringen ULTRA

Fröttstädt / 04.07.2009

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Oscar am Freitag

□□□: 9:33:58

□□: 411

□□: 10.45 km/h

□□□□: 5:44 min/km

□□: 100.00 km

Staffel 4x25 km

□□□□□: 20 (of 31)

□□□□□□: 6:41:03

□□□□:

□□□□□: 17(of 24)

Männerstaffel

□□□□□□□: 6:41:03

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□□□	□□ km	□□ □□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□	
Ruhlaer Skihütte	23.96	2:42:43	6:47	23	1:06:06	30	1:06:06	23.96	2:42:43	6:47	9	33:59	13	21:21
Floh-Seligenthal	26.92	2:17:51	5:07	11	33:12	13	33:12	50.88	5:00:34	5:54	9	29:16	13	22:08
Finsterbergen	24.12	1:56:13	4:49	7	16:25	8	16:25	75.00	6:56:47	5:33	9	24:52	13	4:58
Fröttstädt	24.83	2:37:11	6:19	20	57:12	26	57:12	100.00	9:33:58	5:44	17	2:52:55	20	2:52:55