



3. Thüringen ULTRA

Fröttstädt / 04.07.2009

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Holzlandpowers

□□□: 10:06:14

□□: 406

□□: 9.90 km/h

□□□□: 6:04 min/km

□□: 100.00 km

Staffel 4x25 km

□□□□□: 26 (of 31)

□□□□□□: 6:41:03

□□□□:

□□□□□: 21(of 24)

Männerstaffel

□□□□□□□: 6:41:03

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Ruhlaer Skihütte | 23.96 | 2:16:57 | 5:42 | 13 | 40:20 | 15 | 40:20 | 23.96 | 2:16:57 | 5:42 | 5 | 8:13 | 7 | |
| Floh-Seligenthal | 26.92 | 2:46:30 | 6:11 | 23 | 1:01:51 | 27 | 1:01:51 | 50.88 | 5:03:27 | 5:57 | 5 | 32:09 | 7 | 25:01 |
| Finsterbergen | 24.12 | 2:29:02 | 6:10 | 20 | 49:14 | 25 | 49:14 | 75.00 | 7:32:29 | 6:01 | 5 | 1:00:34 | 7 | 40:40 |
| Fröttstädt | 24.83 | 2:33:45 | 6:11 | 18 | 53:46 | 24 | 53:46 | 100.00 | 10:06:14 | 6:03 | 21 | 3:25:11 | 26 | 3:25:11 |