



3. Thüringen ULTRA

Fröttstädt / 04.07.2009

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MANK

□□: **418**

□□: 100.00 km
Staffel 4x25 km

□□□□:
Männerstaffel

□□□: 11:02:44

□□: 9.05 km/h
□□□□: 6:38 min/km

□□□□□: 30 (of 31)

□□□□□□: 6:41:03

□□□□□: 23(of 24)

□□□□□□□: 6:41:03

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ |
|------------------|----------|----------|--------------|---------|---------|-----------|-----------|-----------|-----------|---------------|---------|---------|-----------|-----------|
| Ruhlaer Skihütte | 23.96 | 2:32:31 | 6:21 | 21 | 55:54 | 26 | 55:54 | 23.96 | 2:32:31 | 6:21 | 3 | 23:47 | 3 | 11:09 |
| Floh-Seligenthal | 26.92 | 2:45:09 | 6:08 | 22 | 1:00:30 | 26 | 1:00:30 | 50.88 | 5:17:40 | 6:14 | 3 | 46:22 | 3 | 39:14 |
| Finsterbergen | 24.12 | 2:42:16 | 6:43 | 22 | 1:02:28 | 27 | 1:02:28 | 75.00 | 7:59:56 | 6:23 | 3 | 1:28:01 | 3 | 1:08:07 |
| Fröttstädt | 24.83 | 3:02:48 | 7:21 | 24 | 1:22:49 | 31 | 1:22:49 | 100.00 | 11:02:44 | 6:37 | 23 | 4:21:41 | 30 | 4:21:41 |