



3. Thüringen ULTRA

Fröttstädt / 04.07.2009

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Baumgarten, Karl Wolfgang

□□: 100 Marathon Club

□□: 32

□□: 100.00 km

Thüringen Ultra

□□□□:

Männer M55

□□□: 13:13:46

□□: 7.56 km/h

□□□□: 7:56 min/km

□□□□□/□□□: 106 (of 187)

□□□□□/□: 96 (of 163)

□□□□□□: 8:09:36

□□□□□: 9(of 15)

□□□□□□□: 10:31:08

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Ruhlaer Skihütte	23.96	3:01:02	7:33	10	28:50	124	1:06:25	23.96	3:01:02	7:33	9	28:50	103	46:46
Floh-Seligenthal	26.92	3:26:50	7:40	10	39:05	123	1:23:36	50.88	6:27:52	7:37	9	1:07:55	103	1:01:52
Finsterbergen	24.12	3:13:20	8:00	5	41:35	69	1:08:16	75.00	9:41:12	7:44	9	1:49:30	98	3:36:24
Fröttstädt	24.83	3:32:34	8:33	7	53:08	84	1:40:49	100.00	13:13:46	7:56	9	2:42:38	100	5:56:01