



### 3. Thüringen ULTRA

Fröttstädt / 04.07.2009

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Woitynek, Martin

00: KSP Kniebeuge 98 e.V.

00: 78

00: 100.00 km

Thüringen Ultra

0000:

Männer M35

000: 10:56:55

00: 9.13 km/h

0000: 6:34 min/km

00000/000: 27 (of 187)

00000/0: 25 (of 163)

000000: 8:09:36

00000: 4(of 19)

0000000: 9:20:18

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Ruhlaer Skihütte	23.96	2:23:32	5:59	6	18:37	25	28:55	23.96	2:23:32	5:59	16		29	9:16
Floh-Seligenthal	26.92	2:43:52	6:05	5	20:41	31	40:38	50.88	5:07:24	6:02	16		29	
Finsterbergen	24.12	2:52:23	7:08	5	29:34	33	47:19	75.00	7:59:47	6:23	16		26	1:54:59
Fröttstädt	24.83	2:57:08	7:08	6	33:45	27	1:05:23	100.00	10:56:55	6:34	5	3:27:18	29	3:39:10