



# 3. Thüringen ULTRA

Fröttstädt / 04.07.2009

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Scheida, Guntram

□□: Borna

□□: 198

□□: 100.00 km

Thüringen Ultra

□□□□:

Männer M45

□□□: 12:22:47

□□: 8.08 km/h

□□□□: 7:26 min/km

□□□□□/□□□: 71 (of 187)

□□□□□/□: 67 (of 163)

□□□□□□: 8:09:36

□□□□□: 20(of 45)

□□□□□□□: 8:43:30

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□□□□

□□□

| □□□              | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□    | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|------------------|----------|----------|--------------|---------|---------|---------|---------|--------|-----------|---------------|---------|---------|---------|---------|
| Ruhlaer Skihütte | 23.96    | 3:05:05  | 7:43         | 38      | 1:06:32 | 135     | 1:10:28 | 23.96  | 3:05:05   | 7:43          | 13      | 4:00    | 74      | 50:49   |
| Floh-Seligenthal | 26.92    | 3:03:32  | 6:49         | 23      | 49:37   | 78      | 1:00:18 | 50.88  | 6:08:37   | 7:14          | 13      |         | 74      | 42:37   |
| Finsterbergen    | 24.12    | 2:57:53  | 7:22         | 16      | 46:04   | 43      | 52:49   | 75.00  | 9:06:30   | 7:17          | 42      |         | 65      | 3:01:42 |
| Fröttstädt       | 24.83    | 3:16:17  | 7:54         | 17      | 1:01:59 | 61      | 1:24:32 | 100.00 | 12:22:47  | 7:25          | 21      | 3:39:17 | 71      | 5:05:02 |