



3. Thüringen ULTRA

Fröttstädt / 04.07.2009

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Roth, Wolfgang

□□: Mühltaaufverein

□□: 69

□□: 100.00 km

Thüringen Ultra

□□□□:

Männer M50

□□□: 12:45:18

□□: 7.84 km/h

□□□□: 7:39 min/km

□□□□□/□□□: 89 (of 187)

□□□□□/□: 83 (of 163)

□□□□□□: 8:09:36

□□□□□: 15(of 29)

□□□□□□□: 10:43:56

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Ruhlaer Skihütte	23.96	2:46:34	6:57	14	32:16	81	51:57	23.96	2:46:34	6:57	1	-	90	32:18
Floh-Seligenthal	26.92	3:07:25	6:57	14	33:29	86	1:04:11	50.88	5:53:59	6:57	1	-	90	27:59
Finsterbergen	24.12	3:14:45	8:04	12	25:05	70	1:09:41	75.00	9:08:44	7:18	1	-	85	3:03:56
Fröttstädt	24.83	3:36:34	8:43	17	53:44	93	1:44:49	100.00	12:45:18	7:39	15	2:01:22	87	5:27:33