



4. Thüringer ULTRA

Fröttstädt / 03.07.2010

□□□□

Wolf, Armin

□□: LLC Marathon Regensburg e.V.

□□: 63

□□: 99.83 km

Thüringen Ultra

□□□□:

Männer M45

□□□: 11:54:14

□□: 8.32 km/h

□□□□: 7:09 min/km

□□□□□/□□□: 55 (of 212)

□□□□□/□: 49 (of 185)

□□□□□□: 8:36:39

□□□□□: 9(of 54)

□□□□□□□: 10:20:33

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Ruhlaer Skihütte	23.96	2:31:19	6:18	17	19:58	58	35:20	23.96	2:31:19	6:18	40	-	58	-
Floh-Seligenthal	26.92	2:41:44	6:00	8	14:14	39	32:10	50.88	5:13:03	6:09	40	-	58	-
Finsterbergen	24.12	3:14:52	8:04	15	1:05:16	65	1:05:16	75.00	8:27:55	6:46	35	-	51	2:08:04
Fröttstädt	24.83	3:26:19	8:18	13	2:13:49	59	2:13:49	99.83	11:54:14	7:09	11	4:30:45	53	6:04:38