



4. Thüringer ULTRA  
Fröttstädt / 03.07.2010

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Simon, Ralf

□□: LG DUV

□□: 208

□□: 99.83 km

Thüringen Ultra

□□□□:

Männer M50

□□□: 11:55:52

□□: 8.30 km/h

□□□□: 7:10 min/km

□□□□□/□□□: 56 (of 212)

□□□□□/□: 50 (of 185)

□□□□□□: 8:36:39

□□□□□: 10(of 37)

□□□□□□□: 9:05:43

□□□□

□□□□

□□□

| □□□              | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|------------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Ruhlaer Skihütte | 23.96    | 2:34:01  | 6:25         | 14      | 38:02   | 66      | 38:02   | 23.96 | 2:34:01   | 6:25      | 31            |         |         | 59      |         |
| Floh-Seligenthal | 26.92    | 2:48:58  | 6:16         | 15      | 37:40   | 60      | 39:24   | 50.88 | 5:22:59   | 6:20      | 31            |         |         | 59      |         |
| Finsterbergen    | 24.12    | 3:15:49  | 8:07         | 15      | 53:15   | 67      | 1:06:13 | 75.00 | 8:38:48   | 6:55      | 19            |         |         | 52      | 2:18:57 |
| Fröttstädt       | 24.83    | 3:17:04  | 7:56         | 10      | 52:31   | 43      | 2:04:34 | 99.83 | 11:55:52  | 7:10      | 10            | 2:50:09 |         | 54      | 6:06:16 |