



4. Thüringer ULTRA  
Fröttstädt / 03.07.2010

□□□□

Darkow, Stefan

□□: Königs Wusterhausen

□□: 167

□□: 99.83 km

Thüringen Ultra

□□□□:

Männer M50

□□□: 12:06:02

□□: 8.18 km/h

□□□□: 7:16 min/km

□□□□□/□□□: 59 (of 212)

□□□□□/□: 53 (of 185)

□□□□□□: 8:36:39

□□□□□: 11(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    | 2:37:37  | 6:34         | 17      | 41:38   | 76      | 41:38   | 23.96 | 2:37:37   | 6:34      | 32            |         |         | 63      |         |
| Floh-Seligenthal | 26.92    | 2:45:24  | 6:08         | 11      | 34:06   | 48      | 35:50   | 50.88 | 5:23:01   | 6:20      | 32            |         |         | 63      |         |
| Finsterbergen    | 24.12    | 3:07:11  | 7:45         | 12      | 44:37   | 52      | 57:35   | 75.00 | 8:30:12   | 6:48      | 29            |         |         | 56      | 2:10:21 |
| Fröttstädt       | 24.83    | 3:35:50  | 8:41         | 12      | 1:11:17 | 67      | 2:23:20 | 99.83 | 12:06:02  | 7:16      | 11            | 3:00:19 |         | 57      | 6:16:26 |