



4. Thüringer ULTRA
Fröttstädt / 03.07.2010

□□□□

Zach, Ullrich

□□: DUV Coburg

□□: 243

□□: 99.83 km

Thüringen Ultra

□□□□:

Männer M50

□□□: 12:12:24

□□: 8.11 km/h

□□□□: 7:20 min/km

□□□□□/□□□: 65 (of 212)

□□□□□/□: 57 (of 185)

□□□□□□: 8:36:39

□□□□□: 12(of 37)

□□□□□□□: 9:05:43

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|------------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|---------------|---------|---------|---------|---------|
| Ruhlaer Skihütte | 23.96 | 2:58:18 | 7:26 | 29 | 1:02:19 | 137 | 1:02:19 | 23.96 | 2:58:18 | 7:26 | 33 | 10:12 | 67 | |
| Floh-Seligenthal | 26.92 | 3:12:47 | 7:09 | 21 | 1:01:29 | 110 | 1:03:13 | 50.88 | 6:11:05 | 7:17 | 33 | 16:46 | 67 | 0:06 |
| Finsterbergen | 24.12 | 2:59:02 | 7:25 | 10 | 36:28 | 41 | 49:26 | 75.00 | 9:10:07 | 7:20 | 30 | | 60 | 2:50:16 |
| Fröttstädt | 24.83 | 3:02:17 | 7:20 | 5 | 37:44 | 25 | 1:49:47 | 99.83 | 12:12:24 | 7:20 | 12 | 3:06:41 | 61 | 6:22:48 |