



4. Thüringer ULTRA

Fröttstädt / 03.07.2010

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Rensch, Steffen

□□: Tangermünde

□□: 113

□□: 99.83 km

Thüringen Ultra

□□□□:

Männer M45

□□□: 12:14:27

□□: 8.09 km/h

□□□□: 7:22 min/km

□□□□□/□□□: 66 (of 212)

□□□□□/□: 58 (of 185)

□□□□□□: 8:36:39

□□□□□: 13(of 54)

□□□□□□□: 10:20:33

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □ | □□ □ |
|------------------|----------|----------|--------------|---------|---------|---------|---------|-------|----------|------|---------|---------|---------|---------|
| Ruhlaer Skihütte | 23.96 | 2:27:22 | 6:09 | 10 | 16:01 | 45 | 31:23 | 23.96 | 2:27:22 | 6:09 | 45 | - | 68 | |
| Floh-Seligenthal | 26.92 | 3:04:39 | 6:51 | 26 | 37:09 | 93 | 55:05 | 50.88 | 5:32:01 | 6:31 | 45 | - | 68 | |
| Finsterbergen | 24.12 | 3:14:02 | 8:02 | 14 | 1:04:26 | 62 | 1:04:26 | 75.00 | 8:46:03 | 7:00 | 40 | - | 61 | 2:26:12 |
| Fröttstädt | 24.83 | 3:28:24 | 8:23 | 16 | 2:15:54 | 63 | 2:15:54 | 99.83 | 12:14:27 | 7:21 | 15 | 4:50:58 | 62 | 6:24:51 |