



# 4. Thüringer ULTRA

Fröttstädt / 03.07.2010

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Kuschel, Tom

□□: Marathonclub Menden

□□: 214

□□: 99.83 km

Thüringen Ultra

□□□□:

Männer M40

□□□: 12:19:04

□□: 8.04 km/h

□□□□: 7:24 min/km

□□□□□/□□□: 71 (of 212)

□□□□□/□: 62 (of 185)

□□□□□□: 8:36:39

□□□□□: 14(of 31)

□□□□□□□: 9:29:48

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□□□□

□□□

| □□□              | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|------------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Ruhlaer Skihütte | 23.96    | 2:48:05  | 7:00         | 21      | 48:03   | 101     | 52:06   | 23.96 | 2:48:05   | 7:00      | 19            |         |         | 72      |         |
| Floh-Seligenthal | 26.92    | 3:04:33  | 6:51         | 18      | 47:50   | 91      | 54:59   | 50.88 | 5:52:38   | 6:55      | 19            |         |         | 72      |         |
| Finsterbergen    | 24.12    | 3:04:28  | 7:38         | 10      | 40:32   | 47      | 54:52   | 75.00 | 8:57:06   | 7:09      | 18            |         |         | 65      | 2:37:15 |
| Fröttstädt       | 24.83    | 3:21:58  | 8:08         | 13      | 41:59   | 55      | 2:09:28 | 99.83 | 12:19:04  | 7:24      | 14            | 2:49:16 | 66      | 6:29:28 |         |