



4. Thüringer ULTRA  
Fröttstädt / 03.07.2010

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Lehmann, Eric

□□: Mittelschule Eibenstock

□□: 144

□□: 99.83 km

Thüringen Ultra

□□□□:

Männer M30

□□□: 12:26:19

□□: 7.96 km/h

□□□□: 7:29 min/km

□□□□□/□□□: 74 (of 212)

□□□□□/□: 65 (of 185)

□□□□□□: 8:36:39

□□□□□: 7(of 11)

□□□□□□□: 8:36:39

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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    | 2:31:12  | 6:18         | 8       | 33:24   | 57      | 35:13   | 23.96 | 2:31:12   | 6:18      | 8             | 33:24   | 76      |         |         |
| Floh-Seligenthal | 26.92    | 2:41:33  | 6:00         | 7       | 31:59   | 38      | 31:59   | 50.88 | 5:12:45   | 6:08      | 8             | 1:05:23 | 76      |         |         |
| Finsterbergen    | 24.12    | 2:57:07  | 7:20         | 6       | 44:38   | 40      | 47:31   | 75.00 | 8:09:52   | 6:31      | 7             | 1:50:01 | 68      | 1:50:01 |         |
| Fröttstädt       | 24.83    | 4:16:27  | 10:19        | 8       | 1:59:39 | 123     | 3:03:57 | 99.83 | 12:26:19  | 7:28      | 7             | 3:49:40 | 69      | 6:36:43 |         |