



4. Thüringer ULTRA
Fröttstädt / 03.07.2010

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Wackernagel, Dirk

□□: GM Rennsteiglaufverein

□□: 91

□□: 99.83 km

Thüringen Ultra

□□□□:

Männer M45

□□□: 12:33:09

□□: 7.89 km/h

□□□□: 7:32 min/km

□□□□□/□□□: 76 (of 212)

□□□□□/□: 67 (of 185)

□□□□□□: 8:36:39

□□□□□: 16(of 54)

□□□□□□□: 10:20:33

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □ | □□ □ |
|------------------|----------|----------|--------------|---------|---------|---------|---------|-------|----------|------|---------|---------|---------|---------|
| Ruhlaer Skihütte | 23.96 | 2:38:44 | 6:37 | 25 | 27:23 | 82 | 42:45 | 23.96 | 2:38:44 | 6:37 | 50 | - | 82 | - |
| Floh-Seligenthal | 26.92 | 2:54:51 | 6:29 | 22 | 27:21 | 75 | 45:17 | 50.88 | 5:33:35 | 6:33 | 50 | - | 82 | - |
| Finsterbergen | 24.12 | 3:37:29 | 9:01 | 29 | 1:27:53 | 109 | 1:27:53 | 75.00 | 9:11:04 | 7:20 | 43 | - | 72 | 2:51:13 |
| Fröttstädt | 24.83 | 3:22:05 | 8:08 | 12 | 2:09:35 | 56 | 2:09:35 | 99.83 | 12:33:09 | 7:32 | 18 | 5:09:40 | 71 | 6:43:33 |