



# 4. Thüringer ULTRA

Fröttstädt / 03.07.2010

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**Kalitzsch, Lutz**

□□: Triathlonfreunde Wittenberg

□□: 169

□□: 99.83 km

Thüringen Ultra

□□□□:

Männer M50

□□□: 13:06:53

□□: 7.55 km/h

□□□□: 7:53 min/km

□□□□□/□□□: 94 (of 212)

□□□□□/□: 84 (of 185)

□□□□□□: 8:36:39

□□□□□: 18(of 37)

□□□□□□□: 9:05:43

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Ruhlaer Skihütte	23.96	2:47:08	6:58	19	51:09	96	51:09	23.96	2:47:08	6:58	2			99	
Floh-Seligenthal	26.92	3:12:54	7:09	22	1:01:36	111	1:03:20	50.88	6:00:02	7:04	2	5:43		99	
Finsterbergen	24.12	3:26:12	8:32	18	1:03:38	88	1:16:36	75.00	9:26:14	7:32	10			89	3:06:23
Fröttstädt	24.83	3:40:39	8:53	14	1:16:06	73	2:28:09	99.83	13:06:53	7:52	18	4:01:10		88	7:17:17