



4. Thüringer ULTRA
Fröttstädt / 03.07.2010

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Jasperneite, Horst

□□: LG Oelde/Wadersloh

□□: 75

□□: 99.83 km

Thüringen Ultra

□□□□:

Männer M55

□□□: 13:13:23

□□: 7.49 km/h

□□□□: 7:57 min/km

□□□□□/□□□: 102 (of 212)

□□□□□/□: 91 (of 185)

□□□□□□: 8:36:39

□□□□□: 4(of 17)

□□□□□□□: 11:18:24

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|------------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Ruhlaer Skihütte | 23.96 | 2:59:56 | 7:30 | 8 | 39:11 | 141 | 1:03:57 | 23.96 | 2:59:56 | 7:30 | 14 | | | 106 | 0:18 |
| Floh-Seligenthal | 26.92 | 3:19:11 | 7:23 | 8 | 42:06 | 125 | 1:09:37 | 50.88 | 6:19:07 | 7:27 | 14 | | | 106 | 8:08 |
| Finsterbergen | 24.12 | 3:36:18 | 8:58 | 9 | 41:28 | 107 | 1:26:42 | 75.00 | 9:55:25 | 7:56 | 14 | | | 96 | 3:35:34 |
| Fröttstädt | 24.83 | 3:17:58 | 7:58 | 1 | - | 46 | 2:05:28 | 99.83 | 13:13:23 | 7:56 | 4 | 1:54:59 | 95 | 7:23:47 | |