



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

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□□□	□□ 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	