



4. Thüringer ULTRA

Fröttstädt / 03.07.2010

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Kuczulaba, Maik

□□: Kiliani Klinik Bad Windsheim

□□: 18

□□: 99.83 km

Thüringen Ultra

□□□□:

Männer M35

□□□: 13:33:04

□□: 7.31 km/h

□□□□: 8:08 min/km

□□□□□/□□□: 116 (of 212)

□□□□□/□: 104 (of 185)

□□□□□□: 8:36:39

□□□□□: 10(of 16)

□□□□□□□: 9:03:26

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Ruhlaer Skihütte	23.96	2:56:26	7:21	14	54:18	130	1:00:27	23.96	2:56:26	7:21	12	3:32	119		
Floh-Seligenthal	26.92	3:07:36	6:58	10	50:06	99	58:02	50.88	6:04:02	7:09	12		119		
Finsterbergen	24.12	3:31:51	8:46	10	1:18:35	97	1:22:15	75.00	9:35:53	7:40	11	3:02:57	109	3:16:02	
Fröttstädt	24.83	3:57:11	9:33	10	2:41:42	96	2:44:41	99.83	13:33:04	8:08	11	6:09:35	108	7:43:28	