



# 4. Thüringer ULTRA

Fröttstädt / 03.07.2010

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Fett, Dirk

□□: SSV Dreisen

□□: 146

□□: 99.83 km

Thüringen Ultra

□□□□:

Männer M40

□□□: 13:39:04

□□: 7.25 km/h

□□□□: 8:12 min/km

□□□□□/□□□: 118 (of 212)

□□□□□/□: 106 (of 185)

□□□□□□: 8:36:39

□□□□□: 17(of 31)

□□□□□□□: 9:29:48

□□□□

□□□□

□□□

| □□□              | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□      | □□□  | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|------------------|----------|----------|--------------|---------|---------|---------|---------|-------|----------|------|---------|---------|---------|---------|
| Ruhlaer Skihütte | 23.96    | 2:38:23  | 6:36         | 14      | 38:21   | 78      | 42:24   | 23.96 | 2:38:23  | 6:36 | 14      | -       | 121     | -       |
| Floh-Seligenthal | 26.92    | 2:56:46  | 6:33         | 15      | 40:03   | 79      | 47:12   | 50.88 | 5:35:09  | 6:35 | 14      | -       | 121     | -       |
| Finsterbergen    | 24.12    | 3:31:59  | 8:47         | 19      | 1:08:03 | 98      | 1:22:23 | 75.00 | 9:07:08  | 7:17 | 14      | -       | 111     | 2:47:17 |
| Fröttstädt       | 24.83    | 4:31:56  | 10:57        | 21      | 1:51:57 | 137     | 3:19:26 | 99.83 | 13:39:04 | 8:12 | 17      | 4:09:16 | 110     | 7:49:28 |