



4. Thüringer ULTRA  
Fröttstädt / 03.07.2010

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Zietlow, Hans-Uwe

00: LG DUV

00: 132

00: 99.83 km

Thüringen Ultra

0000:

Männer M60

000: 13:44:45

00: 7.20 km/h

0000: 8:16 min/km

00000/000: 122 (of 212)

00000/0: 110 (of 185)

000000: 8:36:39

00000: 3(of 9)

0000000: 12:55:07

0000

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Ruhlaer Skihütte	23.96	2:55:03	7:18	3	11:29	124	59:04	23.96	2:55:03	7:18	3	5:22	125	
Floh-Seligenthal	26.92	3:18:25	7:22	5	17:57	122	1:08:51	50.88	6:13:28	7:20	3	23:19	125	2:29
Finsterbergen	24.12	3:40:41	9:08	5	17:55	118	1:31:05	75.00	9:54:09	7:55	3	41:14	115	3:34:18
Fröttstädt	24.83	3:50:36	9:17	3	8:24	84	2:38:06	99.83	13:44:45	8:15	3	49:38	114	7:55:09