



4. Thüringer ULTRA

Fröttstädt / 03.07.2010

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Hermsdorf, Ralph

□□: LC Auensee Leipzig

□□: 102

□□: 99.83 km

Thüringen Ultra

□□□□:

Männer M50

□□□: 14:11:06

□□: 6.98 km/h

□□□□: 8:32 min/km

□□□□□/□□□: 129 (of 212)

□□□□□/□: 116 (of 185)

□□□□□□: 8:36:39

□□□□□: 25(of 37)

□□□□□□□: 9:05:43

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Ruhlaer Skihütte	23.96	2:53:20	7:14	25	57:21	120	57:21	23.96	2:53:20	7:14	9	5:14	132	
Floh-Seligenthal	26.92	3:28:16	7:44	30	1:16:58	146	1:18:42	50.88	6:21:36	7:30	9	27:17	132	10:37
Finsterbergen	24.12	3:49:09	9:30	25	1:26:35	127	1:39:33	75.00	10:10:45	8:08	8	13:49	122	3:50:54
Fröttstädt	24.83	4:00:21	9:40	19	1:35:48	101	2:47:51	99.83	14:11:06	8:31	25	5:05:23	120	8:21:30