



4. Thüringer ULTRA  
Fröttstädt / 03.07.2010

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Gerlach, Jörg

00: 100 Marathon Club

00: 45

00: 99.83 km

Thüringen Ultra

0000:

Männer M50

000: 14:24:14

00: 6.87 km/h

0000: 8:40 min/km

00000/000: 138 (of 212)

00000/0: 125 (of 185)

000000: 8:36:39

00000: 27(of 37)

0000000: 9:05:43

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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	2:48:06	7:00	20	52:07	102	52:07	23.96	2:48:06	7:00	1	-	141	
Floh-Seligenthal	26.92	3:06:13	6:55	20	54:55	96	56:39	50.88	5:54:19	6:57	1	-	141	
Finsterbergen	24.12	4:02:37	10:03	30	1:40:03	138	1:53:01	75.00	9:56:56	7:57	1	-	131	3:37:05
Fröttstädt	24.83	4:27:18	10:45	30	2:02:45	131	3:14:48	99.83	14:24:14	8:39	27	5:18:31	129	8:34:38