



4. Thüringer ULTRA
Fröttstädt / 03.07.2010

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Kauppila, Manu

00: Espoo

00: 85

00: 99.83 km

Thüringen Ultra

0000:

Männer M30

000: 10:25:49

00: 9.49 km/h

0000: 6:16 min/km

00000/000: 16 (of 212)

00000/0: 15 (of 185)

000000: 8:36:39

00000: 3(of 11)

0000000: 8:36:39

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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	2:09:02	5:23	3	11:14	12	13:03	23.96	2:09:02	5:23	3	11:14	19	
Floh-Seligenthal	26.92	2:27:21	5:28	3	17:47	12	17:47	50.88	4:36:23	5:25	3	29:01	19	
Finsterbergen	24.12	2:43:43	6:47	3	31:14	20	34:07	75.00	7:20:06	5:52	3	1:00:15	16	1:00:15
Fröttstädt	24.83	3:05:43	7:28	4	48:55	30	1:53:13	99.83	10:25:49	6:16	3	1:49:10	19	4:36:13