



4. Thüringer ULTRA
Fröttstädt / 03.07.2010

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Erbstromtaler Schmalwaden Mix

□□□: 9:59:59

□□: 4019

□□: 9.90 km/h

□□□□: 6:01 min/km

□□: 99.83 km

Staffel 4x25 km

□□□□□: 23 (of 34)

□□□□□□: 7:15:05

□□□□:

□□□□□: 6(of 9)

Mixstaffel

□□□□□□□: 8:03:59

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ |
|------------------|----------|----------|--------------|---------|---------|-----------|-----------|-----------|-----------|---------------|---------|---------|-----------|-----------|
| Ruhlaer Skihütte | 23.96 | 2:31:45 | 6:20 | 8 | 34:19 | 32 | 52:23 | 23.96 | 2:31:45 | 6:20 | 6 | 34:19 | 6 | 12:40 |
| Floh-Seligenthal | 26.92 | 2:19:49 | 5:11 | 4 | 15:20 | 13 | 28:07 | 50.88 | 4:51:34 | 5:43 | 6 | 49:39 | 6 | 5:33 |
| Finsterbergen | 24.12 | 2:13:44 | 5:32 | 5 | 20:58 | 14 | 27:31 | 75.00 | 7:05:18 | 5:40 | 6 | 1:10:16 | 6 | |
| Fröttstädt | 24.83 | 2:54:41 | 7:02 | 7 | 1:05:25 | 29 | 1:05:25 | 99.83 | 9:59:59 | 6:00 | 6 | 1:56:00 | 23 | 2:44:54 |