



4. Thüringer ULTRA
Fröttstädt / 03.07.2010

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Rennsteig Spirit

□□□: 11:58:12

□□: 4010

□□: 8.27 km/h

□□□□: 7:11 min/km

□□: 99.83 km

Staffel 4x25 km

□□□□□: 33 (of 34)

□□□□□□: 7:15:05

□□□□:

□□□□□: 8(of 9)

Mixstaffel

□□□□□□□: 8:03:59

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|------------------|----------|----------|--------------|---------|---------|-----------|-----------|-------|----------|------|---------|---------|-----------|-----------|
| Ruhlaer Skihütte | 23.96 | 3:00:48 | 7:32 | 9 | 1:03:22 | 34 | 1:21:26 | 23.96 | 3:00:48 | 7:32 | 8 | 1:03:22 | 16 | 41:43 |
| Floh-Seligenthal | 26.92 | 2:58:19 | 6:37 | 8 | 53:50 | 31 | 1:06:37 | 50.88 | 5:59:07 | 7:03 | 8 | 1:57:12 | 16 | 1:13:06 |
| Finsterbergen | 24.12 | 2:40:01 | 6:38 | 8 | 47:15 | 29 | 53:48 | 75.00 | 8:39:08 | 6:55 | 8 | 2:44:06 | 16 | 1:00:53 |
| Fröttstädt | 24.83 | 3:19:04 | 8:01 | 8 | 1:29:48 | 32 | 1:29:48 | 99.83 | 11:58:12 | 7:11 | 8 | 3:54:13 | 33 | 4:43:07 |