



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