



5. Thüringen ULTRA  
Fröttstädt / 01.07.2011-02.07.2011

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Kleinschmidt, Lars

00: Westcoastrunners J.F.F. / Tura Meldorf  
00: 124

00: 100.00 km  
Thüringen Ultra

0000:  
Männer M45

000: 11:41:57

00: 8.55 km/h  
0000: 7:01 min/km

00000/000: 70 (of 176)

00000/0: 61 (of 140)

000000: 8:21:21

00000: 18(of 39)

0000000: 9:01:08

0000

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Ruhlaer Skihütte	23.96	2:49:25	7:04	26	28:30	86	46:05	23.96	2:49:25	7:04	39		65	8:51
Floh-Seligenthal	26.92	3:00:56	6:43	24	34:26	71	55:00	50.88	5:50:21	6:53	39		65	
Finsterbergen	24.12	3:04:35	7:39	20	56:17	66	58:25	75.00	8:54:56	7:07	37		61	2:39:30
Fröttstädt	25.00	2:47:01	6:40	11	41:36	37	41:36	100.00	11:41:57	7:01	18	2:40:49	61	3:20:36