



5. Thüringen ULTRA  
Fröttstädt / 01.07.2011-02.07.2011

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Slabon, Raimund

□□: DUV  
□□: 1074

□□: 161.00 km  
Thüringen ULTRA - 100 Meilen

□□□□:  
Männer M50

□□□: 20:44:00

□□: 7.77 km/h  
□□□□: 7:44 min/km

□□□□□/□□□: 14 (of 89)

□□□□□/□: 14 (of 84)

□□□□□□: 16:36:15

□□□□□: 3(of 23)

□□□□□□□: 18:27:36

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Berggasthof Hör:	43.00	5:12:06	7:15	6	50:27	27	2:16:13	43.00	5:12:06	7:15	24	5:12:06	85	5:12:06
Sondra	28.00	4:01:13	8:36	9	49:09	32	1:07:21	71.00	9:13:19	7:47	24	9:13:19	82	9:13:19
Ruhlaer Skihütte	14.00	2:18:16	9:52	13	25:47	40	41:36	85.00	11:31:35	8:08	24	11:31:35	74	11:31:35
Brotterode/Kleins:	15.00	1:59:00	7:56	4	13:41	14	26:56	100.00	13:30:35	8:06	23	13:30:35	72	13:30:35
Floh-Seligenthal	12.00	1:07:55	5:39	1	-	4	8:06	112.00	14:38:30	7:50	23	14:38:30	72	14:38:30
Finsterbergen	23.00	3:08:45	8:12	2	6:24	7	32:36	135.00	17:47:15	7:54	23	17:47:15	72	17:47:15
Fröttstädt	26.00	2:56:45	6:47	1	-	6	24:51	161.00	20:44:00	7:43	3	2:16:24	14	4:07:45