



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

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Böss, Wolfgang

□□: Creußen

□□: 1031

□□: 161.00 km

Thüringen ULTRA - 100 Meilen

□□□□:

Männer M50

□□□: 20:26:32

□□: 7.88 km/h

□□□□: 7:37 min/km

□□□□□/□□□: 12 (of 89)

□□□□□/□: 12 (of 84)

□□□□□□: 16:36:15

□□□□□: 2(of 23)

□□□□□□□: 18:27:36

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Berggasthof Hör:	43.00	4:54:35	6:51	4	32:56	18	1:58:42	43.00	4:54:35	6:51	24	4:54:35	85	4:54:35	
Sondra	28.00	3:44:25	8:00	4	32:21	15	50:33	71.00	8:39:00	7:18	24	8:39:00	82	8:39:00	
Ruhlaer Skihütte	14.00	2:11:32	9:23	9	19:03	30	34:52	85.00	10:50:32	7:39	24	10:50:32	74	10:50:32	
Brotterode/Kleins:	15.00	1:58:07	7:52	3	12:48	12	26:03	100.00	12:48:39	7:41	23	12:48:39	72	12:48:39	
Floh-Seligenthal	12.00	1:22:31	6:52	5	14:36	18	22:42	112.00	14:11:10	7:35	23	14:11:10	72	14:11:10	
Finsterbergen	23.00	3:10:47	8:17	3	8:26	9	34:38	135.00	17:21:57	7:43	23	17:21:57	72	17:21:57	
Fröttstädt	26.00	3:04:35	7:05	3	7:50	10	32:41	161.00	20:26:32	7:37	2	1:58:56	12	3:50:17	