



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

□□□□

Gottschlich, Norbert

□□: Triathlon Jena
□□: 1070

□□: 161.00 km
Thüringen ULTRA - 100 Meilen

□□□□:
Männer M50

□□□: 21:32:09

□□: 7.48 km/h
□□□□: 8:02 min/km

□□□□□/□□□: 16 (of 89)

□□□□□/□: 16 (of 84)

□□□□□□: 16:36:15

□□□□□: 4(of 23)

□□□□□□□: 18:27:36

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Berggasthof Hör:	43.00	5:17:51	7:23	10	56:12	35	2:21:58	43.00	5:17:51	7:23	24	5:17:51	85	5:17:51	
Sondra	28.00	3:46:04	8:04	5	34:00	18	52:12	71.00	9:03:55	7:39	24	9:03:55	82	9:03:55	
Ruhlaer Skihütte	14.00	2:08:58	9:12	6	16:29	22	32:18	85.00	11:12:53	7:54	24	11:12:53	74	11:12:53	
Brotterode/Kleins:	15.00	1:52:58	7:31	2	7:39	9	20:54	100.00	13:05:51	7:51	23	13:05:51	72	13:05:51	
Floh-Seligenthal	12.00	1:14:03	6:10	2	6:08	8	14:14	112.00	14:19:54	7:40	23	14:19:54	72	14:19:54	
Finsterbergen	23.00	3:26:04	8:57	5	23:43	17	49:55	135.00	17:45:58	7:53	23	17:45:58	72	17:45:58	
Fröttstädt	26.00	3:46:11	8:41	10	49:26	30	1:14:17	161.00	21:32:09	8:01	4	3:04:33	16	4:55:54	