



5. Thüringen ULTRA

Fröttstädt / 01.07.2011-02.07.2011

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Kruse, Jochen

□□: LT-Hemsbach
 □□: 1030

□□: 161.00 km
 Thüringen ULTRA - 100 Meilen

□□□□:
 Männer M45

□□□: 21:32:51

□□: 7.47 km/h
 □□□□: 8:02 min/km

□□□□□/□□□: 17 (of 89)

□□□□□/□: 17 (of 84)

□□□□□□: 16:36:15

□□□□□: 7(of 24)

□□□□□□□: 17:14:24

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Berggasthof Hör:	43.00	5:12:12	7:15	11	2:16:19	28	2:16:19	43.00	5:12:12	7:15	25	5:12:12	85	5:12:12
Sondra	28.00	4:01:29	8:37	11	56:58	34	1:07:37	71.00	9:13:41	7:47	23	9:13:41	82	9:13:41
Ruhlaer Skihütte	14.00	2:18:09	9:52	12	37:21	38	41:29	85.00	11:31:50	8:08	19	11:31:50	74	11:31:50
Brotterode/Kleins:	15.00	2:01:35	8:06	5	21:48	19	29:31	100.00	13:33:25	8:08	19	13:33:25	72	13:33:25
Floh-Seligenthal	12.00	1:14:40	6:13	4	6:13	10	14:51	112.00	14:48:05	7:55	19	14:48:05	72	14:48:05
Finsterbergen	23.00	3:23:59	8:52	5	37:33	13	47:50	135.00	18:12:04	8:05	19	18:12:04	72	18:12:04
Fröttstädt	26.00	3:20:47	7:43	6	48:53	15	48:53	161.00	21:32:51	8:01	7	4:18:27	17	4:56:36