



5. Thüringen ULTRA  
Fröttstädt / 01.07.2011-02.07.2011

0000

Jensch, Volkmar

00: Teltow

00: 134

00: 100.00 km

Thüringen Ultra

0000:

Männer M50

000: 12:35:30

00: 7.94 km/h

0000: 7:34 min/km

00000/000: 96 (of 176)

00000/0: 83 (of 140)

000000: 8:21:21

00000: 16(of 24)

0000000: 9:30:28

0000

0000

000

| 000              | 00<br>km | 00<br>00 | 00<br>min/km | 00<br>- | 00<br>- | 00<br>0 | 00<br>0 | 000<br>km | 000<br>00 | 000<br>min/km | 00<br>- | 00<br>- | 00<br>0 | 00<br>0 |
|------------------|----------|----------|--------------|---------|---------|---------|---------|-----------|-----------|---------------|---------|---------|---------|---------|
| Ruhlaer Skihütte | 23.96    | 2:45:20  | 6:54         | 14      | 27:27   | 71      | 42:00   | 23.96     | 2:45:20   | 6:54          | 9       | 17:51   | 87      | 4:46    |
| Floh-Seligenthal | 26.92    | 3:02:08  | 6:45         | 14      | 34:09   | 76      | 56:12   | 50.88     | 5:47:28   | 6:49          | 9       | 15:44   | 87      |         |
| Finsterbergen    | 24.12    | 3:13:46  | 8:02         | 16      | 55:31   | 86      | 1:07:36 | 75.00     | 9:01:14   | 7:12          | 9       | 30:00   | 83      | 2:45:48 |
| Fröttstädt       | 25.00    | 3:34:16  | 8:34         | 18      | 1:07:55 | 95      | 1:28:51 | 100.00    | 12:35:30  | 7:33          | 16      | 3:05:02 | 83      | 4:14:09 |