



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

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000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 km	000 00	000 min/km	00 -	00 -	00 0	00 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	