



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

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Schmidt-Soltau, Peer

□□: 100 Marathon Club
□□: 1017

□□: 161.00 km
Thüringen ULTRA - 100 Meilen

□□□□:
Männer M30

□□□: 21:38:49

□□: 7.44 km/h
□□□□: 8:04 min/km

□□□□□/□□□: 19 (of 89)

□□□□□/□: 18 (of 84)

□□□□□□: 16:36:15

□□□□□: 4(of 6)

□□□□□□□: 16:36:15

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Berggasthof Hör:	43.00	5:24:10	7:32	4	1:14:58	40	2:28:17	43.00	5:24:10	7:32	7	5:24:10	85	5:24:10	
Sondra	28.00	4:07:43	8:50	5	1:09:31	37	1:13:51	71.00	9:31:53	8:03	7	9:31:53	82	9:31:53	
Ruhlaer Skihütte	14.00	2:06:13	9:00	4	29:33	18	29:33	85.00	11:38:06	8:12	7	11:38:06	74	11:38:06	
Brotterode/Kleins:	15.00	1:57:40	7:50	4	25:36	11	25:36	100.00	13:35:46	8:09	7	13:35:46	72	13:35:46	
Floh-Seligenthal	12.00	1:19:45	6:38	3	19:56	14	19:56	112.00	14:55:31	7:59	7	14:55:31	72	14:55:31	
Finsterbergen	23.00	3:25:39	8:56	3	49:30	16	49:30	135.00	18:21:10	8:09	7	18:21:10	72	18:21:10	
Fröttstädt	26.00	3:17:39	7:36	3	41:11	14	45:45	161.00	21:38:49	8:04	4	5:02:34	18	5:02:34	