



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

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Schlüter, Gabriel

□□: 100 Marathon Club

□□: 63

□□: 100.00 km

Thüringen Ultra

□□□□:

Männer M60

□□□: 12:54:25

□□: 7.75 km/h

□□□□: 7:44 min/km

□□□□□/□□□: 103 (of 176)

□□□□□/□: 89 (of 140)

□□□□□□: 8:21:21

□□□□□: 4(of 11)

□□□□□□□: 11:51:56

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Ruhlaer Skihütte	23.96	2:52:17	7:11	4	5:12	89	48:57	23.96	2:52:17	7:11	4		93	11:43
Floh-Seligenthal	26.92	3:09:45	7:02	4	13:14	85	1:03:49	50.88	6:02:02	7:06	4	9:41	93	7:36
Finsterbergen	24.12	3:17:02	8:10	2	18:14	89	1:10:52	75.00	9:19:04	7:27	4	27:55	89	3:03:38
Fröttstädt	25.00	3:35:21	8:36	5	34:34	96	1:29:56	100.00	12:54:25	7:44	4	1:02:29	89	4:33:04