



5. Thüringen ULTRA  
Fröttstädt / 01.07.2011-02.07.2011

□□□□

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

□□□□

□□□□

□□□

| □□□              | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□    | □□□      | □□□  | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|------------------|----------|----------|--------------|---------|---------|---------|---------|--------|----------|------|---------|---------|---------|---------|
| 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 |