



5. Thüringen ULTRA  
Fröttstädt / 01.07.2011-02.07.2011

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Ernst, Roland

□□: Wiesbaden

□□: 18

□□: 100.00 km

Thüringen Ultra

□□□□:

Männer M50

□□□: 13:00:40

□□: 7.69 km/h

□□□□: 7:49 min/km

□□□□□/□□□: 104 (of 176)

□□□□□/□: 90 (of 140)

□□□□□□: 8:21:21

□□□□□: 18(of 24)

□□□□□□□: 9:30:28

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Ruhlaer Skihütte	23.96	2:54:05	7:15	17	36:12	93	50:45	23.96	2:54:05	7:15	7	26:36	94	13:31
Floh-Seligenthal	26.92	3:10:58	7:05	17	42:59	89	1:05:02	50.88	6:05:03	7:10	7	33:19	94	10:37
Finsterbergen	24.12	3:26:39	8:34	18	1:08:24	102	1:20:29	75.00	9:31:42	7:37	7	1:00:28	90	3:16:16
Fröttstädt	25.00	3:28:58	8:21	17	1:02:37	93	1:23:33	100.00	13:00:40	7:48	18	3:30:12	90	4:39:19