



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

□□□□

Schorcht, Gunar

□□: WSV Ilmenau
□□: 1062

□□: 161.00 km
Thüringen ULTRA - 100 Meilen

□□□□:
Männer M45

□□□: 22:01:57

□□: 7.31 km/h
□□□□: 8:13 min/km

□□□□□/□□□: 25 (of 89)

□□□□□/□: 24 (of 84)

□□□□□□: 16:36:15

□□□□□: 10(of 24)

□□□□□□□: 17:14:24

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Berggasthof Hör:	43.00	5:17:49	7:23	14	2:21:56	34	2:21:56	43.00	5:17:49	7:23	25	5:17:49	85	5:17:49	
Sondra	28.00	3:46:07	8:04	6	41:36	19	52:15	71.00	9:03:56	7:39	23	9:03:56	82	9:03:56	
Ruhlaer Skihütte	14.00	2:09:23	9:14	9	28:35	24	32:43	85.00	11:13:19	7:55	19	11:13:19	74	11:13:19	
Brotterode/Kleins:	15.00	2:03:33	8:14	8	23:46	24	31:29	100.00	13:16:52	7:58	19	13:16:52	72	13:16:52	
Floh-Seligenthal	12.00	1:34:30	7:52	15	26:03	46	34:41	112.00	14:51:22	7:57	19	14:51:22	72	14:51:22	
Finsterbergen	23.00	3:33:04	9:15	7	46:38	21	56:55	135.00	18:24:26	8:10	19	18:24:26	72	18:24:26	
Fröttstädt	26.00	3:37:31	8:21	12	1:05:37	26	1:05:37	161.00	22:01:57	8:12	10	4:47:33	24	5:25:42	