



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

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Teinert, Michael

□□: Lauflin Team Göttingen

□□: 1016

□□: 161.00 km

Thüringen ULTRA - 100 Meilen

□□□□:

Männer M45

□□□: 23:18:48

□□: 6.91 km/h

□□□□: 8:41 min/km

□□□□□/□□□: 38 (of 89)

□□□□□/□: 37 (of 84)

□□□□□□: 16:36:15

□□□□□: 14(of 24)

□□□□□□□: 17:14:24

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Berggasthof Hör:	43.00	5:32:10	7:43	19	2:36:17	52	2:36:17	43.00	5:32:10	7:43	25	5:32:10	85	5:32:10	
Sondra	28.00	4:26:53	9:31	16	1:22:22	52	1:33:01	71.00	9:59:03	8:26	23	9:59:03	82	9:59:03	
Ruhlaer Skihütte	14.00	2:21:58	10:08	15	41:10	48	45:18	85.00	12:21:01	8:43	19	12:21:01	74	12:21:01	
Brotterode/Kleins:	15.00	2:04:50	8:19	9	25:03	25	32:46	100.00	14:25:51	8:39	19	14:25:51	72	14:25:51	
Floh-Seligenthal	12.00	1:28:10	7:20	8	19:43	29	28:21	112.00	15:54:01	8:31	19	15:54:01	72	15:54:01	
Finsterbergen	23.00	3:48:31	9:56	12	1:02:05	38	1:12:22	135.00	19:42:32	8:45	19	19:42:32	72	19:42:32	
Fröttstädt	26.00	3:36:16	8:19	11	1:04:22	24	1:04:22	161.00	23:18:48	8:41	14	6:04:24	37	6:42:33	