



# 5. Thüringen ULTRA

Fröttstädt / 01.07.2011-02.07.2011

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Hermsdorf, Ralph

□□: LC Auensee Leipzig

□□: 1060

□□: 161.00 km

Thüringen ULTRA - 100 Meilen

□□□□:

Männer M50

□□□: 23:25:47

□□: 6.87 km/h

□□□□: 8:44 min/km

□□□□□/□□□: 39 (of 89)

□□□□□/□: 38 (of 84)

□□□□□□: 16:36:15

□□□□□: 12(of 23)

□□□□□□□: 18:27:36

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Berggasthof Hör:	43.00	5:25:48	7:34	13	1:04:09	47	2:29:55	43.00	5:25:48	7:34	24	5:25:48	85	5:25:48	
Sondra	28.00	4:37:16	9:54	18	1:25:12	59	1:43:24	71.00	10:03:04	8:29	24	10:03:04	82	10:03:04	
Ruhlaer Skihütte	14.00	2:29:54	10:42	18	37:25	57	53:14	85.00	12:32:58	8:51	24	12:32:58	74	12:32:58	
Brotterode/Kleins:	15.00	2:16:27	9:05	13	31:08	41	44:23	100.00	14:49:25	8:53	23	14:49:25	72	14:49:25	
Floh-Seligenthal	12.00	1:19:17	6:36	4	11:22	12	19:28	112.00	16:08:42	8:38	23	16:08:42	72	16:08:42	
Finsterbergen	23.00	3:51:38	10:04	17	49:17	41	1:15:29	135.00	20:00:20	8:53	23	20:00:20	72	20:00:20	
Fröttstädt	26.00	3:25:27	7:54	6	28:42	17	53:33	161.00	23:25:47	8:43	12	4:58:11	38	6:49:32	