



5. Thüringen ULTRA

Fröttstädt / 01.07.2011-02.07.2011

□□□□

Pautzsch, Andreas

□□: Kanu Altenburg

□□: 1090

□□: 161.00 km

Thüringen ULTRA - 100 Meilen

□□□□:

Männer M50

□□□: 23:30:26

□□: 6.85 km/h

□□□□: 8:46 min/km

□□□□□/□□□: 41 (of 89)

□□□□□/□: 40 (of 84)

□□□□□□: 16:36:15

□□□□□: 13(of 23)

□□□□□□□: 18:27:36

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Berggasthof Hör:	43.00	5:17:42	7:23	8	56:03	32	2:21:49	43.00	5:17:42	7:23	24	5:17:42	85	5:17:42	
Sondra	28.00	4:22:50	9:23	15	1:10:46	49	1:28:58	71.00	9:40:32	8:10	24	9:40:32	82	9:40:32	
Ruhlaer Skihütte	14.00	2:18:01	9:51	12	25:32	37	41:21	85.00	11:58:33	8:27	24	11:58:33	74	11:58:33	
Brotterode/Kleins:	15.00	2:17:00	9:07	15	31:41	43	44:56	100.00	14:15:33	8:33	23	14:15:33	72	14:15:33	
Floh-Seligenthal	12.00	1:22:40	6:53	6	14:45	19	22:51	112.00	15:38:13	8:22	23	15:38:13	72	15:38:13	
Finsterbergen	23.00	3:38:08	9:29	8	35:47	24	1:01:59	135.00	19:16:21	8:33	23	19:16:21	72	19:16:21	
Fröttstädt	26.00	4:14:05	9:46	17	1:17:20	54	1:42:11	161.00	23:30:26	8:45	13	5:02:50	40	6:54:11	