



# 5. Thüringen ULTRA

Fröttstädt / 01.07.2011-02.07.2011

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Ruppert, Ralf

□□: LG Oelde/Wadersloh  
 □□: 1003

□□: 161.00 km  
 Thüringen ULTRA - 100 Meilen

□□□□:  
 Männer M45

□□□: 21:39:52

□□: 7.43 km/h  
 □□□□: 8:04 min/km

□□□□□/□□□: 20 (of 89)

□□□□□/□: 19 (of 84)

□□□□□□: 16:36:15

□□□□□: 8(of 24)

□□□□□□□: 17:14:24

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Berggasthof Hör:	43.00	4:50:10	6:44	8	1:54:17	17	1:54:17	43.00	4:50:10	6:44	25	4:50:10	85	4:50:10
Sondra	28.00	3:59:03	8:32	10	54:32	29	1:05:11	71.00	8:49:13	7:27	23	8:49:13	82	8:49:13
Ruhlaer Skihütte	14.00	2:04:55	8:55	8	24:07	16	28:15	85.00	10:54:08	7:41	19	10:54:08	74	10:54:08
Brotterode/Kleins:	15.00	2:12:30	8:50	13	32:43	34	40:26	100.00	13:06:38	7:51	19	13:06:38	72	13:06:38
Floh-Seligenthal	12.00	1:29:30	7:27	12	21:03	35	29:41	112.00	14:36:08	7:49	19	14:36:08	72	14:36:08
Finsterbergen	23.00	3:33:24	9:16	8	46:58	22	57:15	135.00	18:09:32	8:04	19	18:09:32	72	18:09:32
Fröttstädt	26.00	3:30:20	8:05	8	58:26	20	58:26	161.00	21:39:52	8:04	8	4:25:28	19	5:03:37