



5. Thüringen ULTRA

Fröttstädt / 01.07.2011-02.07.2011

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Frunzke, Thomas

□□: Storkow
 □□: 1077

□□: 161.00 km
 Thüringen ULTRA - 100 Meilen

□□□□:
 Männer M50

□□□: 23:01:37

□□: 6.99 km/h
 □□□□: 8:35 min/km

□□□□□/□□□: 32 (of 89)

□□□□□/□: 31 (of 84)

□□□□□□: 16:36:15

□□□□□: 10(of 23)

□□□□□□□: 18:27:36

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|--------------------|----------|----------|--------------|---------|---------|---------|---------|--------|-----------|---------------|---------|----------|---------|----------|
| Berggasthof Hör: | 43.00 | 5:17:45 | 7:23 | 9 | 56:06 | 33 | 2:21:52 | 43.00 | 5:17:45 | 7:23 | 24 | 5:17:45 | 85 | 5:17:45 |
| Sondra | 28.00 | 4:01:15 | 8:36 | 10 | 49:11 | 33 | 1:07:23 | 71.00 | 9:19:00 | 7:52 | 24 | 9:19:00 | 82 | 9:19:00 |
| Ruhlaer Skihütte | 14.00 | 2:04:47 | 8:54 | 3 | 12:18 | 15 | 28:07 | 85.00 | 11:23:47 | 8:02 | 24 | 11:23:47 | 74 | 11:23:47 |
| Brotterode/Kleins: | 15.00 | 2:12:02 | 8:48 | 9 | 26:43 | 33 | 39:58 | 100.00 | 13:35:49 | 8:09 | 23 | 13:35:49 | 72 | 13:35:49 |
| Floh-Seligenthal | 12.00 | 1:33:52 | 7:49 | 14 | 25:57 | 45 | 34:03 | 112.00 | 15:09:41 | 8:07 | 23 | 15:09:41 | 72 | 15:09:41 |
| Finsterbergen | 23.00 | 3:50:14 | 10:00 | 16 | 47:53 | 40 | 1:14:05 | 135.00 | 18:59:55 | 8:26 | 23 | 18:59:55 | 72 | 18:59:55 |
| Fröttstädt | 26.00 | 4:01:42 | 9:17 | 15 | 1:04:57 | 42 | 1:29:48 | 161.00 | 23:01:37 | 8:34 | 10 | 4:34:01 | 31 | 6:25:22 |