



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

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□□□□

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□□□	□□ 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