



5. Thüringen ULTRA

Fröttstädt / 01.07.2011-02.07.2011

□□□□

Roth, Wolfgang

□□: Mühltaufverein
 □□: 1093

□□: 161.00 km
 Thüringen ULTRA - 100 Meilen

□□□□:
 Männer M55

□□□: 24:02:04

□□: 6.70 km/h
 □□□□: 8:58 min/km

□□□□□/□□□: 44 (of 89)

□□□□□/□: 43 (of 84)

□□□□□□: 16:36:15

□□□□□: 2(of 6)

□□□□□□□: 21:21:40

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Berggasthof Hör:	43.00	5:48:09	8:05	3	58:22	57	2:52:16	43.00	5:48:09	8:05	3			85	5:48:09
Sondra	28.00	4:25:51	9:29	3	33:53	51	1:31:59	71.00	10:14:00	8:38	7	10:14:00	82	10:14:00	
Ruhlaer Skihütte	14.00	2:14:14	9:35	2	4:13	32	37:34	85.00	12:28:14	8:48	5	12:28:14	74	12:28:14	
Brotterode/Kleins:	15.00	2:12:50	8:51	2	5:57	36	40:46	100.00	14:41:04	8:48	5	14:41:04	72	14:41:04	
Floh-Seligenthal	12.00	1:30:49	7:34	2	7:17	40	31:00	112.00	16:11:53	8:40	5	16:11:53	72	16:11:53	
Finsterbergen	23.00	3:48:02	9:54	2	18:22	35	1:11:53	135.00	19:59:55	8:53	5	19:59:55	72	19:59:55	
Fröttstädt	26.00	4:02:09	9:18	3	32:20	44	1:30:15	161.00	24:02:04	8:57	2	2:40:24	43	7:25:49	