



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

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Stief, Udo

□□: DUV

□□: 1038

□□: 161.00 km

Thüringen ULTRA - 100 Meilen

□□□□:

Männer M50

□□□: 23:08:26

□□: 6.96 km/h

□□□□: 8:37 min/km

□□□□□/□□□: 35 (of 89)

□□□□□/□: 34 (of 84)

□□□□□□: 16:36:15

□□□□□: 11(of 23)

□□□□□□□: 18:27:36

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Berggasthof Hör:	43.00	5:44:33	8:00	16	1:22:54	56	2:48:40	43.00	5:44:33	8:00	24	5:44:33	85	5:44:33	
Sondra	28.00	4:01:11	8:36	8	49:07	31	1:07:19	71.00	9:45:44	8:14	24	9:45:44	82	9:45:44	
Ruhlaer Skihütte	14.00	2:07:17	9:05	4	14:48	20	30:37	85.00	11:53:01	8:23	24	11:53:01	74	11:53:01	
Brotterode/Kleins:	15.00	2:10:09	8:40	8	24:50	29	38:05	100.00	14:03:10	8:25	23	14:03:10	72	14:03:10	
Floh-Seligenthal	12.00	1:42:40	8:33	20	34:45	62	42:51	112.00	15:45:50	8:26	23	15:45:50	72	15:45:50	
Finsterbergen	23.00	3:45:17	9:47	10	42:56	31	1:09:08	135.00	19:31:07	8:40	23	19:31:07	72	19:31:07	
Fröttstädt	26.00	3:37:19	8:21	7	40:34	25	1:05:25	161.00	23:08:26	8:37	11	4:40:50	34	6:32:11	