



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

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Weisshaar, Hans-Dieter

□□: Hardrock 100 MRC
□□: 1061

□□: 161.00 km
Thüringen ULTRA - 100 Meilen

□□□□:
Männer M70

□□□: 26:09:45

□□: 6.15 km/h
□□□□: 9:45 min/km

□□□□□/□□□: 66 (of 89)

□□□□□/□: 63 (of 84)

□□□□□□: 16:36:15

□□□□□: 1(of 1)

□□□□□□□: 26:09:45

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Berggasthof Hör:	43.00	6:34:56	9:11	1	-	81	3:39:03	43.00	6:34:56	9:11	1	-	85	6:34:56	
Sondra	28.00	4:41:45	10:03	1	-	60	1:47:53	71.00	11:16:41	9:31	2	11:16:41	82	11:16:41	
Ruhlaer Skihütte	14.00	2:53:57	12:25	1	-	72	1:17:17	85.00	14:10:38	10:00	2	14:10:38	74	14:10:38	
Brotterode/Kleins:	15.00	2:20:49	9:23	1	-	49	48:45	100.00	16:31:27	9:54	2	16:31:27	72	16:31:27	
Floh-Seligenthal	12.00	1:41:24	8:27	1	-	59	41:35	112.00	18:12:51	9:45	2	18:12:51	72	18:12:51	
Finsterbergen	23.00	4:02:17	10:32	1	-	49	1:26:08	135.00	22:15:08	9:53	2	22:15:08	72	22:15:08	
Fröttstädt	26.00	3:54:37	9:01	1	-	35	1:22:43	161.00	26:09:45	9:45	1	-	63	9:33:30	