



5. Thüringen ULTRA  
Fröttstädt / 01.07.2011-02.07.2011

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Niestroj, André Johannes

□□: Otternasen  
□□: 1048

□□: 161.00 km  
Thüringen ULTRA - 100 Meilen

□□□□:  
Männer M40

□□□: 22:12:41

□□: 7.25 km/h  
□□□□: 8:17 min/km

□□□□□/□□□: 26 (of 89)

□□□□□/□: 25 (of 84)

□□□□□□: 16:36:15

□□□□□: 4(of 12)

□□□□□□□: 16:56:14

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Berggasthof Hör:	43.00	5:31:04	7:41	8	1:22:26	51	2:35:11	43.00	5:31:04	7:41	13			85	5:31:04
Sondra	28.00	3:37:58	7:47	3	44:06	14	44:06	71.00	9:09:02	7:43	12	9:09:02		82	9:09:02
Ruhlaer Skihütte	14.00	2:06:37	9:02	4	29:28	19	29:57	85.00	11:15:39	7:56	12	11:15:39		74	11:15:39
Brotterode/Kleins:	15.00	1:58:43	7:54	2	22:08	13	26:39	100.00	13:14:22	7:56	11	13:14:22		72	13:14:22
Floh-Seligenthal	12.00	1:22:40	6:53	4	19:03	19	22:51	112.00	14:37:02	7:49	11	14:37:02		72	14:37:02
Finsterbergen	23.00	3:25:34	8:56	4	37:59	15	49:25	135.00	18:02:36	8:01	11	18:02:36		72	18:02:36
Fröttstädt	26.00	4:10:05	9:37	7	1:21:17	50	1:38:11	161.00	22:12:41	8:16	4	5:16:27		25	5:36:26