



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

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Penning, Hans-Dieter

□□: Fortuna logabirum

□□: 90

□□: 100.00 km

Thüringen Ultra

□□□□:

Männer M45

□□□: 14:17:52

□□: 6.99 km/h

□□□□: 8:35 min/km

□□□□□/□□□: 141 (of 176)

□□□□□/□: 115 (of 140)

□□□□□□: 8:21:21

□□□□□: 35(of 39)

□□□□□□□: 9:01:08

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|------------------|----------|----------|--------------|---------|---------|---------|---------|--------|-----------|-----------|---------------|---------|---------|---------|---------|
| Ruhlaer Skihütte | 23.96 | 3:14:41 | 8:07 | 35 | 53:46 | 125 | 1:11:21 | 23.96 | 3:14:41 | 8:07 | 17 | | | 120 | 34:07 |
| Floh-Seligenthal | 26.92 | 3:35:46 | 8:00 | 36 | 1:09:16 | 120 | 1:29:50 | 50.88 | 6:50:27 | 8:04 | 17 | 3:04 | | 120 | 56:01 |
| Finsterbergen | 24.12 | 3:36:42 | 8:59 | 32 | 1:28:24 | 110 | 1:30:32 | 75.00 | 10:27:09 | 8:21 | 16 | 23:26 | | 116 | 4:11:43 |
| Fröttstädt | 25.00 | 3:50:43 | 9:13 | 35 | 1:45:18 | 107 | 1:45:18 | 100.00 | 14:17:52 | 8:34 | 35 | 5:16:44 | | 115 | 5:56:31 |