



# 5. Thüringen ULTRA

Fröttstädt / 01.07.2011-02.07.2011

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Höper, Hanno

□□: TSV Lensahn

□□: 1034

□□: 161.00 km

Thüringen ULTRA - 100 Meilen

□□□□:

Männer M50

□□□: 22:17:30

□□: 7.22 km/h

□□□□: 8:19 min/km

□□□□□/□□□: 27 (of 89)

□□□□□/□: 26 (of 84)

□□□□□□: 16:36:15

□□□□□: 7(of 23)

□□□□□□□: 18:27:36

□□□□

□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Berggasthof Hör:	43.00	4:50:09	6:44	3	28:30	16	1:54:16	43.00	4:50:09	6:44	24	4:50:09	85	4:50:09	
Sondra	28.00	3:59:04	8:32	7	47:00	30	1:05:12	71.00	8:49:13	7:27	24	8:49:13	82	8:49:13	
Ruhlaer Skihütte	14.00	2:09:46	9:16	7	17:17	25	33:06	85.00	10:58:59	7:45	24	10:58:59	74	10:58:59	
Brotterode/Klein:	15.00	2:15:03	9:00	12	29:44	39	42:59	100.00	13:14:02	7:56	23	13:14:02	72	13:14:02	
Floh-Seligenthal	12.00	1:29:16	7:26	9	21:21	30	29:27	112.00	14:43:18	7:53	23	14:43:18	72	14:43:18	
Finsterbergen	23.00	3:43:42	9:43	9	41:21	29	1:07:33	135.00	18:27:00	8:11	23	18:27:00	72	18:27:00	
Fröttstädt	26.00	3:50:30	8:51	12	53:45	32	1:18:36	161.00	22:17:30	8:18	7	3:49:54	26	5:41:15	