



5. Thüringen ULTRA  
Fröttstädt / 01.07.2011-02.07.2011

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Schramm, Sören

□□: Chemnitzer LV Megware

□□: 1082

□□: 161.00 km

Thüringen ULTRA - 100 Meilen

□□□□:

Männer M30

□□□: 20:25:51

□□: 7.88 km/h

□□□□: 7:37 min/km

□□□□□/□□□: 10 (of 89)

□□□□□/□: 10 (of 84)

□□□□□□: 16:36:15

□□□□□: 3(of 6)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Berggasthof Hör:	43.00	4:29:42	6:16	3	20:30	12	1:33:49	43.00	4:29:42	6:16	7	4:29:42	85	4:29:42	
Sondra	28.00	3:22:38	7:14	3	24:26	7	28:46	71.00	7:52:20	6:39	7	7:52:20	82	7:52:20	
Ruhlaer Skihütte	14.00	2:00:05	8:34	3	23:25	12	23:25	85.00	9:52:25	6:58	7	9:52:25	74	9:52:25	
Brotterode/Kleins:	15.00	1:52:53	7:31	3	20:49	8	20:49	100.00	11:45:18	7:03	7	11:45:18	72	11:45:18	
Floh-Seligenthal	12.00	1:23:19	6:56	4	23:30	22	23:30	112.00	13:08:37	7:02	7	13:08:37	72	13:08:37	
Finsterbergen	23.00	3:42:23	9:40	4	1:06:14	28	1:06:14	135.00	16:51:00	7:29	7	16:51:00	72	16:51:00	
Fröttstädt	26.00	3:34:51	8:15	4	58:23	23	1:02:57	161.00	20:25:51	7:36	3	3:49:36	10	3:49:36	