



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

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Fasel, Norbert

□□: LSF Münster
□□: 1071

□□: 161.00 km
Thüringen ULTRA - 100 Meilen

□□□□:
Männer M45

□□□: 21:40:23

□□: 7.43 km/h
□□□□: 8:05 min/km

□□□□□/□□□: 21 (of 89)

□□□□□/□: 20 (of 84)

□□□□□□: 16:36:15

□□□□□: 9(of 24)

□□□□□□□: 17:14:24

□□□□

□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Berggasthof Hör:	43.00	5:13:20	7:17	13	2:17:27	31	2:17:27	43.00	5:13:20	7:17	25	5:13:20	85	5:13:20	
Sondra	28.00	3:31:19	7:32	4	26:48	11	37:27	71.00	8:44:39	7:23	23	8:44:39	82	8:44:39	
Ruhlaer Skihütte	14.00	1:57:39	8:24	5	16:51	9	20:59	85.00	10:42:18	7:33	19	10:42:18	74	10:42:18	
Brotterode/Kleins:	15.00	2:05:56	8:23	10	26:09	26	33:52	100.00	12:48:14	7:40	19	12:48:14	72	12:48:14	
Floh-Seligenthal	12.00	1:30:54	7:34	14	22:27	41	31:05	112.00	14:19:08	7:40	19	14:19:08	72	14:19:08	
Finsterbergen	23.00	3:52:52	10:07	13	1:06:26	43	1:16:43	135.00	18:12:00	8:05	19	18:12:00	72	18:12:00	
Fröttstädt	26.00	3:28:23	8:00	7	56:29	18	56:29	161.00	21:40:23	8:04	9	4:25:59	20	5:04:08	