



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

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Schilk, Gunter

□□: Ort: Magdeburg

□□: 1100

□□: 161.00 km

Thüringen ULTRA - 100 Meilen

□□□□:

Männer M45

□□□: 20:40:47

□□: 7.79 km/h

□□□□: 7:43 min/km

□□□□□/□□□: 13 (of 89)

□□□□□/□: 13 (of 84)

□□□□□□: 16:36:15

□□□□□: 6(of 24)

□□□□□□□: 17:14:24

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Berggasthof Hör:	43.00	4:11:02	5:50	2	1:15:09	4	1:15:09	43.00	4:11:02	5:50	25	4:11:02	85	4:11:02	
Sondra	28.00	3:48:01	8:08	7	43:30	20	54:09	71.00	7:59:03	6:44	23	7:59:03	82	7:59:03	
Ruhlaer Skihütte	14.00	1:56:39	8:19	4	15:51	8	19:59	85.00	9:55:42	7:00	19	9:55:42	74	9:55:42	
Brotterode/Kleins:	15.00	2:01:36	8:06	6	21:49	20	29:32	100.00	11:57:18	7:10	19	11:57:18	72	11:57:18	
Floh-Seligenthal	12.00	1:29:22	7:26	10	20:55	33	29:33	112.00	13:26:40	7:12	19	13:26:40	72	13:26:40	
Finsterbergen	23.00	3:41:11	9:37	9	54:45	25	1:05:02	135.00	17:07:51	7:36	19	17:07:51	72	17:07:51	
Fröttstädt	26.00	3:32:56	8:11	9	1:01:02	21	1:01:02	161.00	20:40:47	7:42	6	3:26:23	13	4:04:32	