



5. Thüringen ULTRA

Fröttstädt / 01.07.2011-02.07.2011

□□□□

Sakuth, Holger

□□: M&H Rennsteigteam

□□: 1011

□□: 161.00 km

Thüringen ULTRA - 100 Meilen

□□□□:

Männer M45

□□□: 22:48:31

□□: 7.06 km/h

□□□□: 8:30 min/km

□□□□□/□□□: 30 (of 89)

□□□□□/□: 29 (of 84)

□□□□□□: 16:36:15

□□□□□: 11(of 24)

□□□□□□□: 17:14:24

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Berggasthof Hör:	43.00	5:12:31	7:16	12	2:16:38	29	2:16:38	43.00	5:12:31	7:16	25	5:12:31	85	5:12:31
Sondra	28.00	4:01:30	8:37	12	56:59	35	1:07:38	71.00	9:14:01	7:48	23	9:14:01	82	9:14:01
Ruhlaer Skihütte	14.00	2:11:10	9:22	11	30:22	29	34:30	85.00	11:25:11	8:03	19	11:25:11	74	11:25:11
Brotterode/Kleins:	15.00	2:14:30	8:58	14	34:43	37	42:26	100.00	13:39:41	8:11	19	13:39:41	72	13:39:41
Floh-Seligenthal	12.00	1:29:26	7:27	11	20:59	34	29:37	112.00	15:09:07	8:07	19	15:09:07	72	15:09:07
Finsterbergen	23.00	3:42:07	9:39	10	55:41	26	1:05:58	135.00	18:51:14	8:22	19	18:51:14	72	18:51:14
Fröttstädt	26.00	3:57:17	9:07	13	1:25:23	36	1:25:23	161.00	22:48:31	8:30	11	5:34:07	29	6:12:16