



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

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Gerlach, Jörg

□□: 100 Marathon Club
□□: 1020

□□: 161.00 km
Thüringen ULTRA - 100 Meilen

□□□□:
Männer M50

□□□: 23:47:37

□□: 6.77 km/h
□□□□: 8:52 min/km

□□□□□/□□□: 43 (of 89)

□□□□□/□: 42 (of 84)

□□□□□□: 16:36:15

□□□□□: 14(of 23)

□□□□□□□: 18:27:36

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Berggasthof Hör:	43.00	5:36:04	7:48	15	1:14:25	54	2:40:11	43.00	5:36:04	7:48	24	5:36:04	85	5:36:04	
Sondra	28.00	4:21:09	9:19	14	1:09:05	48	1:27:17	71.00	9:57:13	8:24	24	9:57:13	82	9:57:13	
Ruhlaer Skihütte	14.00	2:24:19	10:18	15	31:50	49	47:39	85.00	12:21:32	8:43	24	12:21:32	74	12:21:32	
Brotterode/Kleins:	15.00	2:16:27	9:05	13	31:08	41	44:23	100.00	14:37:59	8:46	23	14:37:59	72	14:37:59	
Floh-Seligenthal	12.00	1:30:17	7:31	11	22:22	37	30:28	112.00	16:08:16	8:38	23	16:08:16	72	16:08:16	
Finsterbergen	23.00	3:49:05	9:57	15	46:44	39	1:12:56	135.00	19:57:21	8:52	23	19:57:21	72	19:57:21	
Fröttstädt	26.00	3:50:16	8:51	11	53:31	31	1:18:22	161.00	23:47:37	8:52	14	5:20:01	42	7:11:22	