



5. Thüringen ULTRA

Fröttstädt / 01.07.2011-02.07.2011

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Knop, Andreas

□□: LG DUV

□□: 1009

□□: 161.00 km

Thüringen ULTRA - 100 Meilen

□□□□:

Männer M50

□□□: 24:49:11

□□: 6.49 km/h

□□□□: 9:15 min/km

□□□□□/□□□: 54 (of 89)

□□□□□/□: 52 (of 84)

□□□□□□: 16:36:15

□□□□□: 16(of 23)

□□□□□□□: 18:27:36

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Berggasthof Hör:	43.00	6:14:02	8:41	21	1:52:23	75	3:18:09	43.00	6:14:02	8:41	24	6:14:02	85	6:14:02	
Sondra	28.00	4:23:43	9:25	16	1:11:39	50	1:29:51	71.00	10:37:45	8:58	24	10:37:45	82	10:37:45	
Ruhlaer Skihütte	14.00	2:28:58	10:38	16	36:29	53	52:18	85.00	13:06:43	9:15	24	13:06:43	74	13:06:43	
Brotterode/Kleins:	15.00	2:12:43	8:50	10	27:24	35	40:39	100.00	15:19:26	9:11	23	15:19:26	72	15:19:26	
Floh-Seligenthal	12.00	1:41:30	8:27	18	33:35	60	41:41	112.00	17:00:56	9:06	23	17:00:56	72	17:00:56	
Finsterbergen	23.00	3:48:21	9:55	14	46:00	37	1:12:12	135.00	20:49:17	9:15	23	20:49:17	72	20:49:17	
Fröttstädt	26.00	3:59:54	9:13	14	1:03:09	37	1:28:00	161.00	24:49:11	9:14	16	6:21:35	52	8:12:56	