



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

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Hilbert, Michael

□□: Waldläufer Grünheide
□□: 1087

□□: 161.00 km
Thüringen ULTRA - 100 Meilen

□□□□:
Männer M50

□□□: 24:49:36

□□: 6.48 km/h
□□□□: 9:15 min/km

□□□□□/□□□: 55 (of 89)

□□□□□/□: 53 (of 84)

□□□□□□: 16:36:15

□□□□□: 17(of 23)

□□□□□□□: 18:27:36

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Berggasthof Hör:	43.00	5:50:08	8:08	17	1:28:29	61	2:54:15	43.00	5:50:08	8:08	24	5:50:08	85	5:50:08
Sondra	28.00	4:16:25	9:09	13	1:04:21	45	1:22:33	71.00	10:06:33	8:32	24	10:06:33	82	10:06:33
Ruhlaer Skihütte	14.00	2:29:34	10:41	17	37:05	54	52:54	85.00	12:36:07	8:53	24	12:36:07	74	12:36:07
Brotterode/Klein:	15.00	2:28:55	9:55	20	43:36	63	56:51	100.00	15:05:02	9:03	23	15:05:02	72	15:05:02
Floh-Seligenthal	12.00	1:43:28	8:37	21	35:33	64	43:39	112.00	16:48:30	9:00	23	16:48:30	72	16:48:30
Finsterbergen	23.00	3:47:09	9:52	11	44:48	32	1:11:00	135.00	20:35:39	9:09	23	20:35:39	72	20:35:39
Fröttstädt	26.00	4:13:57	9:46	16	1:17:12	53	1:42:03	161.00	24:49:36	9:15	17	6:22:00	53	8:13:21