



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

□□□□

Kalitzsch, Lutz

□□: Triathlonfreunde Wittenberg
□□: 1006

□□: 161.00 km
Thüringen ULTRA - 100 Meilen

□□□□:
Männer M50

□□□: 21:53:29

□□: 7.35 km/h
□□□□: 8:10 min/km

□□□□□/□□□: 23 (of 89)

□□□□□/□: 22 (of 84)

□□□□□□: 16:36:15

□□□□□: 5(of 23)

□□□□□□□: 18:27:36

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Berggasthof Hör:	43.00	5:29:27	7:39	14	1:07:48	50	2:33:34	43.00	5:29:27	7:39	24	5:29:27	85	5:29:27	
Sondra	28.00	3:28:30	7:26	2	16:26	8	34:38	71.00	8:57:57	7:34	24	8:57:57	82	8:57:57	
Ruhlaer Skihütte	14.00	2:07:22	9:05	5	14:53	21	30:42	85.00	11:05:19	7:49	24	11:05:19	74	11:05:19	
Brotterode/Kleins:	15.00	2:00:47	8:03	6	15:28	18	28:43	100.00	13:06:06	7:51	23	13:06:06	72	13:06:06	
Floh-Seligenthal	12.00	1:37:59	8:09	15	30:04	51	38:10	112.00	14:44:05	7:53	23	14:44:05	72	14:44:05	
Finsterbergen	23.00	3:27:00	9:00	6	24:39	18	50:51	135.00	18:11:05	8:04	23	18:11:05	72	18:11:05	
Fröttstädt	26.00	3:42:24	8:33	9	45:39	28	1:10:30	161.00	21:53:29	8:09	5	3:25:53	22	5:17:14	