



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

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Schikowsky, Christian

□□: Endorphinjunkies.de Dortmund
□□: 1068

□□: 161.00 km
Thüringen ULTRA - 100 Meilen

□□□□:
Männer M20

□□□: 24:12:22

□□: 6.65 km/h
□□□□: 9:01 min/km

□□□□□/□□□: 46 (of 89)

□□□□□/□: 45 (of 84)

□□□□□□: 16:36:15

□□□□□: 1(of 1)

□□□□□□□: 24:12:22

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|--------------------|----------|----------|--------------|---------|---------|---------|---------|--------|-----------|-----------|---------------|----------|---------|----------|---------|
| Berggasthof Hör: | 43.00 | 5:24:11 | 7:32 | 1 | - | 41 | 2:28:18 | 43.00 | 5:24:11 | 7:32 | 2 | 5:24:11 | 85 | 5:24:11 | |
| Sondra | 28.00 | 4:17:20 | 9:11 | 1 | - | 47 | 1:23:28 | 71.00 | 9:41:31 | 8:11 | 2 | 9:41:31 | 82 | 9:41:31 | |
| Ruhlaer Skihütte | 14.00 | 2:37:30 | 11:15 | 1 | - | 67 | 1:00:50 | 85.00 | 12:19:01 | 8:41 | 2 | 12:19:01 | 74 | 12:19:01 | |
| Brotterode/Kleins: | 15.00 | 2:15:56 | 9:03 | 1 | - | 40 | 43:52 | 100.00 | 14:34:57 | 8:44 | 2 | 14:34:57 | 72 | 14:34:57 | |
| Floh-Seligenthal | 12.00 | 1:31:48 | 7:38 | 1 | - | 42 | 31:59 | 112.00 | 16:06:45 | 8:37 | 2 | 16:06:45 | 72 | 16:06:45 | |
| Finsterbergen | 23.00 | 3:52:23 | 10:06 | 1 | - | 42 | 1:16:14 | 135.00 | 19:59:08 | 8:52 | 2 | 19:59:08 | 72 | 19:59:08 | |
| Fröttstädt | 26.00 | 4:13:14 | 9:44 | 1 | - | 52 | 1:41:20 | 161.00 | 24:12:22 | 9:01 | 1 | - | 45 | 7:36:07 | |