



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

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Rouse, W. Mike

□□: H.U.R.T. Hawaii Ultra Running Team
□□: 1101

□□: 100.00 km
Thüringen ULTRA - 100 km Extra

□□□□:
Männer

□□□: 17:23:53

□□: 5.75 km/h
□□□□: 10:26 min/km

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□□□□□□: 11:52:52

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Berggasthof Hör:	43.00	6:40:36	9:18	21	2:28:01	21	2:28:01	43.00	6:40:36	9:18	22	6:40:36	22	6:40:36
Sondra	28.00	4:37:12	9:54	13	1:08:52	13	1:08:52	71.00	11:17:48	9:32	22	11:17:48	22	11:17:48
Ruhlaer Skihütte	14.00	3:18:19	14:09	21	1:17:02	21	1:17:02	85.00	14:36:07	10:18	22	14:36:07	22	14:36:07
Fröttstädt	15.00	2:47:46	11:11	15	48:59	15	48:59	100.00	17:23:53	10:26	20	5:31:01	20	5:31:01