



5. Thüringen ULTRA  
Fröttstädt / 01.07.2011-02.07.2011

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Jahn, Henry

00: SV Bad Düben  
00: 51

00: 100.00 km  
Thüringen Ultra

0000:  
Männer M45

000: 15:24:42

00: 6.49 km/h  
0000: 9:15 min/km

00000/000: 155 (of 176)

00000/0: 125 (of 140)

000000: 8:21:21

00000: 36(of 39)

0000000: 9:01:08

0000

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Ruhlaer Skihütte	23.96	3:06:22	7:46	30	45:27	109	1:03:02	23.96	3:06:22	7:46	18	-	130	25:48
Floh-Seligenthal	26.92	3:40:20	8:11	37	1:13:50	124	1:34:24	50.88	6:46:42	7:59	18	-	130	52:16
Finsterbergen	24.12	4:16:36	10:38	37	2:08:18	132	2:10:26	75.00	11:03:18	8:50	17	59:35	126	4:47:52
Fröttstädt	25.00	4:21:24	10:27	37	2:15:59	126	2:15:59	100.00	15:24:42	9:14	36	6:23:34	125	7:03:21