



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

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Rump, Eckhard

□□: LG Oelde/Wadersloh
□□: 1026

□□: 161.00 km
Thüringen ULTRA - 100 Meilen

□□□□:
Männer M45

□□□: 24:26:27

□□: 6.59 km/h
□□□□: 9:07 min/km

□□□□□/□□□: 50 (of 89)

□□□□□/□: 49 (of 84)

□□□□□□: 16:36:15

□□□□□: 17(of 24)

□□□□□□□: 17:14:24

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Berggasthof Hör:	43.00	5:18:23	7:24	16	2:22:30	38	2:22:30	43.00	5:18:23	7:24	25	5:18:23	85	5:18:23	
Sondra	28.00	4:14:29	9:05	14	1:09:58	42	1:20:37	71.00	9:32:52	8:04	23	9:32:52	82	9:32:52	
Ruhlaer Skihütte	14.00	2:33:29	10:57	17	52:41	60	56:49	85.00	12:06:21	8:32	19	12:06:21	74	12:06:21	
Brotterode/Kleins:	15.00	2:25:56	9:43	16	46:09	57	53:52	100.00	14:32:17	8:43	19	14:32:17	72	14:32:17	
Floh-Seligenthal	12.00	1:34:39	7:53	16	26:12	48	34:50	112.00	16:06:56	8:37	19	16:06:56	72	16:06:56	
Finsterbergen	23.00	4:12:12	10:57	18	1:25:46	57	1:36:03	135.00	20:19:08	9:01	19	20:19:08	72	20:19:08	
Fröttstädt	26.00	4:07:19	9:30	15	1:35:25	47	1:35:25	161.00	24:26:27	9:06	17	7:12:03	49	7:50:12	