



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

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Pachnicke, Andreas

□□: LG Oelde/Wadersloh
□□: 1032

□□: 161.00 km
Thüringen ULTRA - 100 Meilen

□□□□:
Männer M40

□□□: 24:26:25

□□: 6.59 km/h
□□□□: 9:07 min/km

□□□□□/□□□: 49 (of 89)

□□□□□/□: 48 (of 84)

□□□□□□: 16:36:15

□□□□□: 7(of 12)

□□□□□□□: 16:56:14

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Berggasthof Hör:	43.00	5:48:17	8:05	9	1:39:39	59	2:52:24	43.00	5:48:17	8:05	13		85	5:48:17
Sondra	28.00	4:27:22	9:32	9	1:33:30	53	1:33:30	71.00	10:15:39	8:40	12	10:15:39	82	10:15:39
Ruhlaer Skihütte	14.00	2:21:29	10:06	8	44:20	47	44:49	85.00	12:37:08	8:54	12	12:37:08	74	12:37:08
Brotterode/Kleins:	15.00	2:21:27	9:25	7	44:52	50	49:23	100.00	14:58:35	8:59	11	14:58:35	72	14:58:35
Floh-Seligenthal	12.00	1:31:57	7:39	7	28:20	43	32:08	112.00	16:30:32	8:50	11	16:30:32	72	16:30:32
Finsterbergen	23.00	3:48:00	9:54	6	1:00:25	34	1:11:51	135.00	20:18:32	9:01	11	20:18:32	72	20:18:32
Fröttstädt	26.00	4:07:53	9:32	6	1:19:05	48	1:35:59	161.00	24:26:25	9:06	7	7:30:11	48	7:50:10