



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

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Caninenberg, Jens

□□: Hellental
□□: 1086

□□: 161.00 km
Thüringen ULTRA - 100 Meilen

□□□□:
Männer M40

□□□: 25:56:40

□□: 6.21 km/h
□□□□: 9:40 min/km

□□□□□/□□□: 65 (of 89)

□□□□□/□: 62 (of 84)

□□□□□□: 16:36:15

□□□□□: 9(of 12)

□□□□□□□: 16:56:14

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Berggasthof Hör:	43.00	5:26:06	7:35	7	1:17:28	48	2:30:13	43.00	5:26:06	7:35	13		85	5:26:06
Sondra	28.00	4:14:25	9:05	8	1:20:33	41	1:20:33	71.00	9:40:31	8:10	12	9:40:31	82	9:40:31
Ruhlaer Skihütte	14.00	2:21:25	10:06	7	44:16	45	44:45	85.00	12:01:56	8:29	12	12:01:56	74	12:01:56
Brotterode/Kleins:	15.00	2:30:54	10:03	9	54:19	66	58:50	100.00	14:32:50	8:43	11	14:32:50	72	14:32:50
Floh-Seligenthal	12.00	2:05:07	10:25	10	1:01:30	71	1:05:18	112.00	16:37:57	8:54	11	16:37:57	72	16:37:57
Finsterbergen	23.00	4:23:03	11:26	9	1:35:28	66	1:46:54	135.00	21:01:00	9:20	11	21:01:00	72	21:01:00
Fröttstädt	26.00	4:55:40	11:22	10	2:06:52	70	2:23:46	161.00	25:56:40	9:40	9	9:00:26	62	9:20:25