



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

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Liegmann, Günter

□□: TV Georgsmarienhütte

□□: 1024

□□: 161.00 km

Thüringen ULTRA - 100 Meilen

□□□□:

Männer M55

□□□: 25:03:06

□□: 6.43 km/h

□□□□: 9:20 min/km

□□□□□/□□□: 56 (of 89)

□□□□□/□: 54 (of 84)

□□□□□□: 16:36:15

□□□□□: 3(of 6)

□□□□□□□: 21:21:40

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Berggasthof Hör:	43.00	5:24:24	7:32	2	34:37	45	2:28:31	43.00	5:24:24	7:32	7		85	5:24:24
Sondra	28.00	4:17:09	9:11	2	25:11	46	1:23:17	71.00	9:41:33	8:11	7	9:41:33	82	9:41:33
Ruhlaer Skihütte	14.00	2:38:55	11:21	4	28:54	69	1:02:15	85.00	12:20:28	8:42	5	12:20:28	74	12:20:28
Brotterode/Kleins:	15.00	2:24:12	9:36	3	17:19	53	52:08	100.00	14:44:40	8:50	5	14:44:40	72	14:44:40
Floh-Seligenthal	12.00	1:49:01	9:05	4	25:29	69	49:12	112.00	16:33:41	8:52	5	16:33:41	72	16:33:41
Finsterbergen	23.00	4:19:35	11:17	4	49:55	64	1:43:26	135.00	20:53:16	9:17	5	20:53:16	72	20:53:16
Fröttstädt	26.00	4:09:50	9:36	4	40:01	49	1:37:56	161.00	25:03:06	9:20	3	3:41:26	54	8:26:51