



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

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Piskurski, Bernd

□□: TSV Cottbus
□□: 1106

□□: 161.00 km
Thüringen ULTRA - 100 Meilen

□□□□:
Männer M40

□□□: 27:28:58

□□: 5.86 km/h
□□□□: 10:14 min/km

□□□□□/□□□: 75 (of 89)

□□□□□/□: 70 (of 84)

□□□□□□: 16:36:15

□□□□□: 10(of 12)

□□□□□□□: 16:56:14

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Berggasthof Hör:	43.00	6:03:07	8:26	12	1:54:29	72	3:07:14	43.00	6:03:07	8:26	13	9:43	85	6:03:07
Sondra	28.00	5:01:23	10:45	11	2:07:31	74	2:07:31	71.00	11:04:30	9:21	12	11:04:30	82	11:04:30
Ruhlaer Skihütte	14.00	2:33:54	10:59	10	56:45	63	57:14	85.00	13:38:24	9:37	12	13:38:24	74	13:38:24
Brotterode/Kleins:	15.00	2:38:26	10:33	10	1:01:51	69	1:06:22	100.00	16:16:50	9:46	11	16:16:50	72	16:16:50
Floh-Seligenthal	12.00	1:40:22	8:21	8	36:45	58	40:33	112.00	17:57:12	9:37	11	17:57:12	72	17:57:12
Finsterbergen	23.00	4:44:51	12:23	10	1:57:16	70	2:08:42	135.00	22:42:03	10:05	11	22:42:03	72	22:42:03
Fröttstädt	26.00	4:46:55	11:02	9	1:58:07	64	2:15:01	161.00	27:28:58	10:14	10	10:32:44	70	10:52:43