



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

□□□□

Habekerk, Harry

□□: LWG

□□: 1108

□□: 161.00 km

Thüringen ULTRA - 100 Meilen

□□□□:

Männer M50

□□□: 27:28:57

□□: 5.86 km/h

□□□□: 10:14 min/km

□□□□□/□□□: 74 (of 89)

□□□□□/□: 69 (of 84)

□□□□□□: 16:36:15

□□□□□: 22(of 23)

□□□□□□□: 18:27:36

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Berggasthof Hör:	43.00	6:03:07	8:26	20	1:41:28	72	3:07:14	43.00	6:03:07	8:26	24	6:03:07	85	6:03:07	
Sondra	28.00	5:01:24	10:45	20	1:49:20	75	2:07:32	71.00	11:04:31	9:21	24	11:04:31	82	11:04:31	
Ruhlaer Skihütte	14.00	2:33:53	10:59	20	41:24	62	57:13	85.00	13:38:24	9:37	24	13:38:24	74	13:38:24	
Brotterode/Kleins:	15.00	2:38:28	10:33	22	53:09	70	1:06:24	100.00	16:16:52	9:46	23	16:16:52	72	16:16:52	
Floh-Seligenthal	12.00	1:40:21	8:21	17	32:26	57	40:32	112.00	17:57:13	9:37	23	17:57:13	72	17:57:13	
Finsterbergen	23.00	4:44:49	12:22	22	1:42:28	69	2:08:40	135.00	22:42:02	10:05	23	22:42:02	72	22:42:02	
Fröttstädt	26.00	4:46:55	11:02	21	1:50:10	64	2:15:01	161.00	27:28:57	10:14	22	9:01:21	69	10:52:42	