



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

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Hall, Dwight

□□: RTE
□□: 1023

□□: 161.00 km
Thüringen ULTRA - 100 Meilen

□□□□:
Männer M45

□□□: 26:28:58

□□: 6.08 km/h
□□□□: 9:52 min/km

□□□□□/□□□: 67 (of 89)

□□□□□/□: 64 (of 84)

□□□□□□: 16:36:15

□□□□□: 18(of 24)

□□□□□□□: 17:14:24

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Berggasthof Hör:	43.00	6:40:37	9:18	23	3:44:44	82	3:44:44	43.00	6:40:37	9:18	25	6:40:37	85	6:40:37
Sondra	28.00	4:37:12	9:54	17	1:32:41	58	1:43:20	71.00	11:17:49	9:32	23	11:17:49	82	11:17:49
Ruhlaer Skihütte	14.00	2:36:55	11:12	18	56:07	66	1:00:15	85.00	13:54:44	9:49	19	13:54:44	74	13:54:44
Brotterode/Kleins:	15.00	2:29:15	9:56	18	49:28	64	57:11	100.00	16:23:59	9:50	19	16:23:59	72	16:23:59
Floh-Seligenthal	12.00	1:46:21	8:51	18	37:54	67	46:32	112.00	18:10:20	9:44	19	18:10:20	72	18:10:20
Finsterbergen	23.00	4:03:52	10:36	16	1:17:26	51	1:27:43	135.00	22:14:12	9:52	19	22:14:12	72	22:14:12
Fröttstädt	26.00	4:14:46	9:47	16	1:42:52	55	1:42:52	161.00	26:28:58	9:52	18	9:14:34	64	9:52:43