



5. Thüringen ULTRA  
Fröttstädt / 01.07.2011-02.07.2011

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Cych, Marco

□□: Rüdesheim  
□□: 1013

□□: 161.00 km  
Thüringen ULTRA - 100 Meilen

□□□□:  
Männer M30

□□□: 24:33:19

□□: 6.56 km/h  
□□□□: 9:09 min/km

□□□□□/□□□□: 51 (of 89)

□□□□□/□: 50 (of 84)

□□□□□□: 16:36:15

□□□□□: 5(of 6)

□□□□□□□: 16:36:15

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Berggasthof Hör:	43.00	5:50:14	8:08	6	1:41:02	62	2:54:21	43.00	5:50:14	8:08	7	5:50:14	85	5:50:14
Sondra	28.00	4:08:51	8:53	6	1:10:39	40	1:14:59	71.00	9:59:05	8:26	7	9:59:05	82	9:59:05
Ruhlaer Skihütte	14.00	2:17:35	9:49	5	40:55	34	40:55	85.00	12:16:40	8:39	7	12:16:40	74	12:16:40
Brotterode/Kleins:	15.00	2:10:57	8:43	5	38:53	30	38:53	100.00	14:27:37	8:40	7	14:27:37	72	14:27:37
Floh-Seligenthal	12.00	1:39:23	8:16	5	39:34	52	39:34	112.00	16:07:00	8:38	7	16:07:00	72	16:07:00
Finsterbergen	23.00	4:13:09	11:00	5	1:37:00	59	1:37:00	135.00	20:20:09	9:02	7	20:20:09	72	20:20:09
Fröttstädt	26.00	4:13:10	9:44	5	1:36:42	51	1:41:16	161.00	24:33:19	9:09	5	7:57:04	50	7:57:04