



5. Thüringen ULTRA  
Fröttstädt / 01.07.2011-02.07.2011

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Zietlow, Hans-Uwe

□□: LG DUV

□□: 1039

□□: 161.00 km

Thüringen ULTRA - 100 Meilen

□□□□:

Männer M65

□□□: 26:44:00

□□: 6.02 km/h

□□□□: 9:58 min/km

□□□□□/□□□: 68 (of 89)

□□□□□/□: 65 (of 84)

□□□□□□: 16:36:15

□□□□□: 1(of 1)

□□□□□□□: 26:44:00

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Berggasthof Hör:	43.00	5:52:49	8:12	1	-	65	2:56:56	43.00	5:52:49	8:12	1	-	85	5:52:49	
Sondra	28.00	4:34:06	9:47	1	-	57	1:40:14	71.00	10:26:55	8:49	2	10:26:55	82	10:26:55	
Ruhlaer Skihütte	14.00	2:29:40	10:41	1	-	56	53:00	85.00	12:56:35	9:08	2	12:56:35	74	12:56:35	
Brotterode/Kleins:	15.00	2:25:06	9:40	1	-	55	53:02	100.00	15:21:41	9:13	2	15:21:41	72	15:21:41	
Floh-Seligenthal	12.00	1:44:35	8:42	1	-	65	44:46	112.00	17:06:16	9:09	2	17:06:16	72	17:06:16	
Finsterbergen	23.00	4:43:14	12:18	1	-	68	2:07:05	135.00	21:49:30	9:41	2	21:49:30	72	21:49:30	
Fröttstädt	26.00	4:54:30	11:19	1	-	68	2:22:36	161.00	26:44:00	9:57	1	-	65	10:07:45	