



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

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Bracht, Gerhard

□□: EK Schwaikheim
□□: 1056

□□: 161.00 km
Thüringen ULTRA - 100 Meilen

□□□□:
Männer M60

□□□: 26:48:18

□□: 6.01 km/h
□□□□: 9:59 min/km

□□□□□/□□□: 69 (of 89)

□□□□□/□: 66 (of 84)

□□□□□□: 16:36:15

□□□□□: 2(of 4)

□□□□□□□: 24:25:49

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Berggasthof Hör:	43.00	6:21:19	8:52	3	57:03	79	3:25:26	43.00	6:21:19	8:52	5	57:03	85	6:21:19	
Sondra	28.00	4:58:56	10:40	4	14:32	70	2:05:04	71.00	11:20:15	9:34	5	11:20:15	82	11:20:15	
Ruhlaer Skihütte	14.00	2:35:09	11:04	4	17:31	65	58:29	85.00	13:55:24	9:49	5	13:55:24	74	13:55:24	
Brotterode/Kleins:	15.00	2:32:59	10:11	3	12:13	67	1:00:55	100.00	16:28:23	9:53	5	16:28:23	72	16:28:23	
Floh-Seligenthal	12.00	1:40:11	8:20	3	12:38	56	40:22	112.00	18:08:34	9:43	5	18:08:34	72	18:08:34	
Finsterbergen	23.00	4:19:38	11:17	3	18:34	65	1:43:29	135.00	22:28:12	9:59	5	22:28:12	72	22:28:12	
Fröttstädt	26.00	4:20:06	10:00	2	16:21	59	1:48:12	161.00	26:48:18	9:59	2	2:22:29	66	10:12:03	