



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

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Ehrenberger, Dieter

□□: LT Hemsbach
□□: 1073

□□: 161.00 km
Thüringen ULTRA - 100 Meilen

□□□□:
Männer M50

□□□: 25:21:33

□□: 6.35 km/h
□□□□: 9:27 min/km

□□□□□/□□□: 59 (of 89)

□□□□□/□: 57 (of 84)

□□□□□□: 16:36:15

□□□□□: 19(of 23)

□□□□□□□: 18:27:36

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Berggasthof Hör:	43.00	5:11:14	7:14	5	49:35	26	2:15:21	43.00	5:11:14	7:14	24	5:11:14	85	5:11:14
Sondra	28.00	4:29:48	9:38	17	1:17:44	54	1:35:56	71.00	9:41:02	8:11	24	9:41:02	82	9:41:02
Ruhlaer Skihütte	14.00	2:45:30	11:49	21	53:01	70	1:08:50	85.00	12:26:32	8:46	24	12:26:32	74	12:26:32
Brotterode/Kleins:	15.00	2:23:25	9:33	16	38:06	51	51:21	100.00	14:49:57	8:53	23	14:49:57	72	14:49:57
Floh-Seligenthal	12.00	1:45:34	8:47	22	37:39	66	45:45	112.00	16:35:31	8:53	23	16:35:31	72	16:35:31
Finsterbergen	23.00	4:17:33	11:11	20	1:15:12	62	1:41:24	135.00	20:53:04	9:16	23	20:53:04	72	20:53:04
Fröttstädt	26.00	4:28:29	10:19	19	1:31:44	61	1:56:35	161.00	25:21:33	9:27	19	6:53:57	57	8:45:18