



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

□□□□

□□□□

□□□

| □□□ | □□ 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 |