



5. Thüringen ULTRA  
Fröttstädt / 01.07.2011-02.07.2011

□□□□

Koenig, Jörg

□□: 100 Marathonclub  
□□: 1065

□□: 161.00 km  
Thüringen ULTRA - 100 Meilen

□□□□:  
Männer M60

□□□: 27:59:15

□□: 5.75 km/h  
□□□□: 10:26 min/km

□□□□□/□□□: 76 (of 89)

□□□□□/□: 71 (of 84)

□□□□□□: 16:36:15

□□□□□: 4(of 4)

□□□□□□□: 24:25:49

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Berggasthof Hör:	43.00	6:19:33	8:49	2	55:17	77	3:23:40	43.00	6:19:33	8:49	5	55:17	85	6:19:33	
Sondra	28.00	4:55:56	10:34	3	11:32	66	2:02:04	71.00	11:15:29	9:30	5	11:15:29	82	11:15:29	
Ruhlaer Skihütte	14.00	2:33:31	10:57	3	15:53	61	56:51	85.00	13:49:00	9:45	5	13:49:00	74	13:49:00	
Brotterode/Kleins:	15.00	2:41:28	10:45	4	20:42	71	1:09:24	100.00	16:30:28	9:54	5	16:30:28	72	16:30:28	
Floh-Seligenthal	12.00	1:57:17	9:46	4	29:44	70	57:28	112.00	18:27:45	9:53	5	18:27:45	72	18:27:45	
Finsterbergen	23.00	4:41:14	12:13	4	40:10	67	2:05:05	135.00	23:08:59	10:17	5	23:08:59	72	23:08:59	
Fröttstädt	26.00	4:50:16	11:09	3	46:31	66	2:18:22	161.00	27:59:15	10:25	4	3:33:26	71	11:23:00	