



5. Thüringen ULTRA

Fröttstädt / 01.07.2011-02.07.2011

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Kaminsky, Peter

□□: LG Emsdetten

□□: 1022

□□: 161.00 km

Thüringen ULTRA - 100 Meilen

□□□□:

Männer M30

□□□: 17:22:59

□□: 9.26 km/h

□□□□: 6:29 min/km

□□□□□/□□□: 4 (of 89)

□□□□□/□: 4 (of 84)

□□□□□□: 16:36:15

□□□□□: 2(of 6)

□□□□□□□: 16:36:15

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Berggasthof Hör:	43.00	4:20:34	6:03	2	11:22	6	1:24:41	43.00	4:20:34	6:03	7	4:20:34	85	4:20:34
Sondra	28.00	3:08:10	6:43	2	9:58	4	14:18	71.00	7:28:44	6:19	7	7:28:44	82	7:28:44
Ruhlaer Skihütte	14.00	1:41:58	7:16	2	5:18	4	5:18	85.00	9:10:42	6:28	7	9:10:42	74	9:10:42
Brotterode/Kleins:	15.00	1:44:06	6:56	2	12:02	5	12:02	100.00	10:54:48	6:32	7	10:54:48	72	10:54:48
Floh-Seligenthal	12.00	1:02:45	5:13	2	2:56	2	2:56	112.00	11:57:33	6:24	7	11:57:33	72	11:57:33
Finsterbergen	23.00	2:36:09	6:47	1	-	1	-	135.00	14:33:42	6:28	7	14:33:42	72	14:33:42
Fröttstädt	26.00	2:49:17	6:30	2	12:49	5	17:23	161.00	17:22:59	6:28	2	46:44	4	46:44