



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

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Flock, Peter

□□: GMRV

□□: 1111

□□: 161.00 km

Thüringen ULTRA - 100 Meilen

□□□□:

Männer M40

□□□: 16:56:14

□□: 9.51 km/h

□□□□: 6:19 min/km

□□□□□/□□□: 2 (of 89)

□□□□□/□: 2 (of 84)

□□□□□□: 16:36:15

□□□□□: 1(of 12)

□□□□□□□: 16:56:14

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|--------------------|----------|----------|--------------|---------|---------|---------|---------|--------|-----------|-----------|---------------|----------|---------|---------|----------|
| Berggasthof Hör: | 43.00 | 4:08:38 | 5:46 | 1 | - | 2 | 1:12:45 | 43.00 | 4:08:38 | 5:46 | 13 | | | 85 | 4:08:38 |
| Sondra | 28.00 | 2:53:52 | 6:12 | 1 | - | 1 | - | 71.00 | 7:02:30 | 5:57 | 12 | 7:02:30 | | 82 | 7:02:30 |
| Ruhlaer Skihütte | 14.00 | 1:37:09 | 6:56 | 1 | - | 2 | 0:29 | 85.00 | 8:39:39 | 6:06 | 12 | 8:39:39 | | 74 | 8:39:39 |
| Brotterode/Kleins: | 15.00 | 1:36:35 | 6:26 | 1 | - | 2 | 4:31 | 100.00 | 10:16:14 | 6:09 | 11 | 10:16:14 | | 72 | 10:16:14 |
| Floh-Seligenthal | 12.00 | 1:03:37 | 5:18 | 1 | - | 3 | 3:48 | 112.00 | 11:19:51 | 6:04 | 11 | 11:19:51 | | 72 | 11:19:51 |
| Finsterbergen | 23.00 | 2:47:35 | 7:17 | 1 | - | 4 | 11:26 | 135.00 | 14:07:26 | 6:16 | 11 | 14:07:26 | | 72 | 14:07:26 |
| Fröttstädt | 26.00 | 2:48:48 | 6:29 | 1 | - | 4 | 16:54 | 161.00 | 16:56:14 | 6:18 | 1 | - | | 2 | 19:59 |