



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

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Tribius, Thomas

□□: Hamburg

□□: 1050

□□: 161.00 km

Thüringen ULTRA - 100 Meilen

□□□□:

Männer M45

□□□: 20:15:52

□□: 7.94 km/h

□□□□: 7:33 min/km

□□□□□/□□□: 9 (of 89)

□□□□□/□: 9 (of 84)

□□□□□□: 16:36:15

□□□□□: 5(of 24)

□□□□□□□: 17:14:24

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Berggasthof Hör:	43.00	2:55:53	4:05	1	-	1	-	43.00	2:55:53	4:05	25	2:55:53	85	2:55:53	
Sondra	28.00	5:36:58	12:02	21	2:32:27	79	2:43:06	71.00	8:32:51	7:13	23	8:32:51	82	8:32:51	
Ruhlaer Skihütte	14.00	2:00:16	8:35	6	19:28	13	23:36	85.00	10:33:07	7:26	19	10:33:07	74	10:33:07	
Brotterode/Kleins:	15.00	1:45:24	7:01	3	5:37	7	13:20	100.00	12:18:31	7:23	19	12:18:31	72	12:18:31	
Floh-Seligenthal	12.00	1:12:33	6:02	3	4:06	7	12:44	112.00	13:31:04	7:14	19	13:31:04	72	13:31:04	
Finsterbergen	23.00	3:42:12	9:39	11	55:46	27	1:06:03	135.00	17:13:16	7:39	19	17:13:16	72	17:13:16	
Fröttstädt	26.00	3:02:36	7:01	3	30:42	8	30:42	161.00	20:15:52	7:33	5	3:01:28	9	3:39:37	