



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

□□□□

Beckmann, Stefan

□□: TV Borken
□□: 1054

□□: 161.00 km
Thüringen ULTRA - 100 Meilen

□□□□:
Männer M50

□□□: 18:27:36

□□: 8.72 km/h
□□□□: 6:53 min/km

□□□□□/□□□: 6 (of 89)

□□□□□/□: 6 (of 84)

□□□□□□: 16:36:15

□□□□□: 1(of 23)

□□□□□□□: 18:27:36

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Berggasthof Hör:	43.00	4:21:39	6:05	1	-	8	1:25:46	43.00	4:21:39	6:05	24	4:21:39	85	4:21:39
Sondra	28.00	3:12:04	6:51	1	-	5	18:12	71.00	7:33:43	6:23	24	7:33:43	82	7:33:43
Ruhlaer Skihütte	14.00	1:52:29	8:02	1	-	6	15:49	85.00	9:26:12	6:39	24	9:26:12	74	9:26:12
Brotterode/Kleins:	15.00	1:45:19	7:01	1	-	6	13:15	100.00	11:11:31	6:42	23	11:11:31	72	11:11:31
Floh-Seligenthal	12.00	1:14:25	6:12	3	6:30	9	14:36	112.00	12:25:56	6:39	23	12:25:56	72	12:25:56
Finsterbergen	23.00	3:02:21	7:55	1	-	6	26:12	135.00	15:28:17	6:52	23	15:28:17	72	15:28:17
Fröttstädt	26.00	2:59:19	6:53	2	2:34	7	27:25	161.00	18:27:36	6:52	1	-	6	1:51:21