



6. thüringen ULTRA
Fröttstädt / 07.07.2012

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Lenz 2 Run

□□: 2007

□□: 100.22 km
Staffel 2x50 km

□□□□:
Männerstaffel

□□□: 11:57:50

□□: 8.38 km/h
□□□□: 7:10 min/km

□□□□□: 14 (of 17)

□□□□□□: 8:19:04

□□□□□: 9(of 9)

□□□□□□□: 8:19:04

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □□□ | □□ □□□ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □□□ | □□ □□□ |
|------------------|----------|----------|--------------|---------|---------|-----------|-----------|--------|----------|------|---------|---------|-----------|-----------|
| Glasbachwiese | 27.39 | 3:22:26 | 7:23 | 9 | 1:13:44 | 17 | 1:13:44 | 27.39 | 3:22:26 | 7:23 | 9 | 1:13:44 | 4 | 24:57 |
| Floh-Seligenthal | 27.74 | 3:29:14 | 7:32 | 9 | 1:11:04 | 16 | 1:11:04 | 55.13 | 6:51:40 | 7:28 | 9 | 2:24:48 | 4 | 55:51 |
| Finsterbergen | 22.03 | 2:17:07 | 6:13 | 7 | 33:13 | 9 | 33:13 | 77.16 | 9:08:47 | 7:06 | 8 | 2:58:01 | 14 | 2:58:01 |
| Fröttstädt | 23.06 | 2:49:03 | 7:19 | 7 | 46:51 | 13 | 46:51 | 100.22 | 11:57:50 | 7:09 | 9 | 3:38:46 | 14 | 3:38:46 |