



6. thüringen ULTRA
Fröttstädt / 07.07.2012

0000

Lauchstedt, Jörg

00: usv jena

00: 111

00: 100.22 km

Thüringen Ultra

0000:

Männer M30

000: 9:45:26

00: 10.25 km/h

0000: 5:50 min/km

00000/000: 9 (of 191)

00000/0: 9 (of 175)

000000: 8:42:52

00000: 3(of 14)

0000000: 9:34:24

0000

0000

000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Glasbachwiese	27.39	2:29:27	5:27	3	8:07	9	8:07	27.39	2:29:27	5:27	4		14	
Floh-Seligenthal	27.74	2:35:20	5:35	3	11:23	13	18:43	55.13	5:04:47	5:31	3	16:03	13	
Finsterbergen	22.03	2:17:57	6:15	1	-	11	20:58	77.16	7:22:44	5:44	3	7:31	9	47:46
Fröttstädt	23.06	2:22:42	6:11	2	3:31	11	21:17	100.22	9:45:26	5:50	3	11:02	9	1:02:34