



Darkow, Stefan

□□: Lauffüchse Niederlehme

□□: 57

□□: 100.22 km Thüringen Ultra

Männer M55

□□□: **11**:46:44

□□: 8.49 km/h

□□□□: 7:03 min/km

______ 77 (of 191)

____/_: 74 (of 175)

□□□□□□: 8:42:52

□□□□: 7(of 21)

0000000: 9:53:13

	km		min/km	-	-			km		min/km	-	-		
Glasbachwiese	27.39	2:59:15	6:32	7	29:47	74	37:55	27.39	2:59:15	6:32	16		74	
Floh-Seligenthal	27.74	3:01:16	6:32	6	24:38	74	44:39	55.13	6:00:31	6:32	16		79	19:37
Finsterbergen	22.03	2:46:15	7:32	8	29:05	65	49:16	77.16	8:46:46	6:49	16		75	2:11:48
Fröttstätt	23.06	2:59:58	7:48	10	37:59	92	58:33	100.22	11:46:44	7:03	7	1:53:31	74	3:03:52