



7. Thüringen ULTRA  
Fröttstädt / 06.07.2013

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Lohrke, Ralf

00: Werne

00: 158

00: 100.00 km

Thüringen Ultra

0000:

Senioren M45 (45-49 Jahre)

000: 13:53:53

00: 7.20 km/h

0000: 8:20 min/km

00000/000: 184 (of 272)

00000/0: 164 (of 235)

000000: 7:55:46

00000: 37(of 54)

0000000: 9:26:44

0000

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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	25.00	3:11:56	7:40	26	45:16	111	1:00:09	25.00	3:11:56	7:40	13		175	1:00:09
Floh-Seligenthal	25.00	3:48:43	9:08	49	1:21:32	205	1:43:45	50.00	7:00:39	8:24	13	5:42	172	2:43:54
Finsterbergen	25.00	3:23:30	8:08	37	1:09:12	161	1:35:34	75.00	10:24:09	8:19	13	8:03	165	4:19:28
Fröttstädt	25.00	3:29:44	8:23	36	1:17:44	156	1:38:39	100.00	13:53:53	8:20	37	4:27:09	164	5:58:07