



7. Thüringen ULTRA  
Fröttstädt / 06.07.2013

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Hoherautz, Hubertus

□□: Harzer Ultra Running Team

□□: 287

□□: 100.00 km

Thüringen Ultra

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 14:32:58

□□: 6.87 km/h

□□□□: 8:44 min/km

□□□□□/□□□: 214 (of 272)

□□□□□/□: 187 (of 235)

□□□□□□: 7:55:46

□□□□□: 48(of 58)

□□□□□□□: 8:38:40

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□□□□

□□□

| □□□              | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□    | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|------------------|----------|----------|--------------|---------|---------|---------|---------|--------|-----------|---------------|---------|---------|---------|---------|
| Glasbachwiese    | 25.00    | 3:00:11  | 7:12         | 18      | 31:26   | 86      | 48:24   | 25.00  | 3:00:11   | 7:12          | 22      | -       | 199     | 48:24   |
| Floh-Seligenthal | 25.00    | 3:19:33  | 7:58         | 27      | 1:01:04 | 131     | 1:14:35 | 50.00  | 6:19:44   | 7:35          | 22      | -       | 196     | 2:02:59 |
| Finsterbergen    | 25.00    | 3:41:43  | 8:52         | 47      | 1:50:33 | 193     | 1:53:47 | 75.00  | 10:01:27  | 8:01          | 21      | -       | 188     | 3:56:46 |
| Fröttstädt       | 25.00    | 4:31:31  | 10:51        | 54      | 2:32:43 | 214     | 2:40:26 | 100.00 | 14:32:58  | 8:43          | 48      | 5:54:18 | 187     | 6:37:12 |