



7. Thüringen ULTRA  
Fröttstädt / 06.07.2013

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Heß, Torsten

□□: LG Rippershausen

□□: 188

□□: 100.00 km

Thüringen Ultra

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 11:17:48

□□: 8.85 km/h

□□□□: 6:47 min/km

□□□□□/□□□: 61 (of 272)

□□□□□/□: 58 (of 235)

□□□□□□: 7:55:46

□□□□□: 15(of 34)

□□□□□□□: 9:06:44

□□□□

□□□□

□□□

| □□□              | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□    | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|------------------|----------|----------|--------------|---------|---------|---------|---------|--------|-----------|-----------|---------------|---------|---------|---------|---------|
| Glasbachwiese    | 25.00    | 3:11:03  | 7:38         | 23      | 49:01   | 108     | 59:16   | 25.00  | 3:11:03   | 7:38      | 32            | 2:02    | 65      | 59:16   |         |
| Floh-Seligenthal | 25.00    | 2:49:15  | 6:46         | 10      | 31:39   | 46      | 44:17   | 50.00  | 6:00:18   | 7:12      | 32            |         | 55      | 1:43:33 |         |
| Finsterbergen    | 25.00    | 2:37:43  | 6:18         | 12      | 29:17   | 49      | 49:47   | 75.00  | 8:38:01   | 6:54      | 32            |         | 57      | 2:33:20 |         |
| Fröttstädt       | 25.00    | 2:39:47  | 6:23         | 11      | 26:33   | 44      | 48:42   | 100.00 | 11:17:48  | 6:46      | 15            | 2:11:04 | 58      | 3:22:02 |         |