



8. Thüringer ULTRA  
Fröttstädt / 04.07.2014-05.07.2014

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Siebold, Carsten M.

□□: streakrunner.de

□□: 90

□□: 100.00 km

Thüringen Ultra

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 16:46:32

□□: 5.96 km/h

□□□□: 10:04 min/km

□□□□□/□□□: 244 (of 272)

□□□□□/□: 209 (of 232)

□□□□□□: 8:54:18

□□□□□: 34(of 36)

□□□□□□□: 8:59:27

□□□□

□□□□

□□□

| □□□              | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□    | □□□      | □□□   | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|------------------|----------|----------|--------------|---------|---------|---------|---------|--------|----------|-------|---------|---------|---------|---------|
| Glasbachwiese    | 27.39    | 3:52:55  | 8:30         | 34      | 1:25:11 | 216     | 1:43:14 | 27.39  | 3:52:55  | 8:30  | 18      | 31:12   | 222     | 1:43:14 |
| Floh-Seligenthal | 27.74    | 4:16:38  | 9:15         | 34      | 1:55:04 | 217     | 1:57:21 | 55.13  | 8:09:33  | 8:52  | 18      | 56:55   | 222     | 3:37:50 |
| Finsterbergen    | 22.03    | 4:23:02  | 11:56        | 33      | 2:16:34 | 217     | 2:16:34 | 77.16  | 12:32:35 | 9:45  | 18      | 1:42:18 | 216     | 5:48:38 |
| Fröttstädt       | 22.84    | 4:13:57  | 11:07        | 32      | 2:10:17 | 194     | 2:10:17 | 100.00 | 16:46:32 | 10:03 | 34      | 7:47:05 | 209     | 7:52:14 |