



# 10. Thüringen ULTRA

Fröttstädt / 02.07.2016

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**Bittermann, Michael**

□□: Friesen

□□: 1097

□□: 160.00 km

100 Meilen

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 21:16:50

□□: 7.52 km/h

□□□□: 7:59 min/km

□□□□□/□□□□: 10 (of 108)

□□□□□/□: 10 (of 98)

□□□□□□: 17:27:33

□□□□□: 4(of 15)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Hörselberg	42.50	4:37:18	6:31	5	41:31	20	41:31	42.50	4:37:18	6:31	16	41:31	94	41:31	
Sontra	27.50	4:25:23	9:39	5	1:00:30	21	1:22:21	70.00	9:02:41	7:45	16	1:42:01	91	1:42:01	
Glasbachwiese	17.00	2:43:07	9:35	6	28:43	18	50:15	87.00	11:45:48	8:06	16	2:10:44	89	2:10:44	
Gensberg/Brotte	13.00	2:17:17	10:33	6	31:20	23	31:20	100.00	14:03:05	8:25	16	2:42:04	80	2:42:04	
Floh-Seligenthal	14.00	1:25:03	6:04	5	19:49	15	19:49	114.00	15:28:08	8:08	15	3:01:53	78	3:01:53	
Finsterbergen	22.00	2:56:57	8:02	4	25:37	5	25:37	136.00	18:25:05	8:07	15	3:27:30	73	3:27:30	
Prefinish	23.50	2:50:22	7:14	4	21:36	4	21:36	159.50	21:15:27	7:59	14	3:49:06	71	3:49:06	
Fröttstädt	0.50	1:23	2:46	7	0:14	12	0:17	160.00	21:16:50	7:58	4	3:49:17	10	3:49:17	