



10. Thüringen ULTRA
Fröttstädt / 02.07.2016

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Ziegelmeier, Karl

□□: SV Marienstein Eichstätt
□□: 230

□□: 100.20 km
100 Kilometer

□□□□:
Senioren M55 (55-59 Jahre)

□□□: 12:17:44

□□: 8.15 km/h
□□□□: 7:22 min/km

□□□□□/□□□: 64 (of 216)

□□□□□/□: 57 (of 181)

□□□□□□: 8:48:12

□□□□□: 8(of 28)

□□□□□□□: 9:25:18

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Glasbachwiese	27.00	3:19:18	7:22	13	46:02	88	54:06	27.00	3:19:18	7:22	13	46:02	87	54:06
Floh-Seligenthal	27.00	3:14:39	7:12	10	48:02	64	53:39	54.00	6:33:57	7:17	11	1:34:04	71	1:47:45
Finsterbergen	22.00	2:57:57	8:05	7	44:22	63	57:55	76.00	9:31:54	7:31	9	2:18:26	69	2:42:48
Prefinish	23.70	2:44:24	6:56	6	33:48	41	46:21	99.70	12:16:18	7:23	8	2:52:14	56	3:29:09
Fröttstädt	0.50	1:26	2:52	10	0:13	70	0:27	100.20	12:17:44	7:21	8	2:52:26	57	3:29:32