



10. Thüringen ULTRA

Fröttstädt / 02.07.2016

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Gonschorek, Sebastian

□□: Team Meldeläufer
 □□: 69

□□: 100.20 km
 100 Kilometer

□□□□:
 Senioren M35 (35-39 Jahre)

□□□: 12:20:18

□□: 8.12 km/h
 □□□□: 7:23 min/km

□□□□□/□□□□: 68 (of 216)

□□□□□/□: 62 (of 181)

□□□□□□: 8:48:12

□□□□□: 8(of 18)

□□□□□□□: 8:48:12

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □ | □□ □ |
|------------------|----------|----------|--------------|---------|---------|---------|---------|--------|----------|------|---------|---------|---------|---------|
| Glasbachwiese | 27.00 | 3:12:56 | 7:08 | 9 | 47:44 | 62 | 47:44 | 27.00 | 3:12:56 | 7:08 | 8 | 47:44 | 61 | 47:44 |
| Floh-Seligenthal | 27.00 | 3:21:00 | 7:26 | 10 | 1:00:00 | 76 | 1:00:00 | 54.00 | 6:33:56 | 7:17 | 8 | 1:47:44 | 70 | 1:47:44 |
| Finsterbergen | 22.00 | 3:00:28 | 8:12 | 9 | 1:00:26 | 66 | 1:00:26 | 76.00 | 9:34:24 | 7:33 | 8 | 2:45:18 | 70 | 2:45:18 |
| Prefinish | 23.70 | 2:44:35 | 6:56 | 6 | 46:32 | 43 | 46:32 | 99.70 | 12:18:59 | 7:24 | 7 | 3:31:50 | 61 | 3:31:50 |
| Fröttstädt | 0.50 | 1:19 | 2:38 | 6 | 0:16 | 45 | 0:20 | 100.20 | 12:20:18 | 7:23 | 8 | 3:32:06 | 62 | 3:32:06 |