



10. Thüringen ULTRA

Fröttstädt / 02.07.2016

□□□□

Prüter, Stefan

□□: Bremervörder SC

□□: 127

□□: 100.20 km

100 Kilometer

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 12:27:51

□□: 8.02 km/h

□□□□: 7:28 min/km

□□□□□/□□□: 70 (of 216)

□□□□□/□: 64 (of 181)

□□□□□□: 8:48:12

□□□□□: 19(of 43)

□□□□□□□: 9:49:30

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □ | □□ □ |
|------------------|----------|----------|--------------|---------|---------|---------|---------|--------|----------|------|---------|---------|---------|---------|
| Glasbachwiese | 27.00 | 3:17:52 | 7:19 | 21 | 40:56 | 82 | 52:40 | 27.00 | 3:17:52 | 7:19 | 21 | 40:56 | 81 | 52:40 |
| Floh-Seligenthal | 27.00 | 3:16:41 | 7:17 | 19 | 43:27 | 67 | 55:41 | 54.00 | 6:34:33 | 7:18 | 19 | 1:23:16 | 72 | 1:48:21 |
| Finsterbergen | 22.00 | 2:51:38 | 7:48 | 17 | 37:54 | 57 | 51:36 | 76.00 | 9:26:11 | 7:26 | 19 | 1:52:33 | 62 | 2:37:05 |
| Prefinish | 23.70 | 3:00:27 | 7:36 | 19 | 49:21 | 70 | 1:02:24 | 99.70 | 12:26:38 | 7:29 | 19 | 2:38:16 | 63 | 3:39:29 |
| Fröttstädt | 0.50 | 1:13 | 2:25 | 9 | 0:10 | 19 | 0:14 | 100.20 | 12:27:51 | 7:27 | 19 | 2:38:21 | 64 | 3:39:39 |