



10. Thüringen ULTRA

Fröttstädt / 02.07.2016

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Lems, Hans

□□: Wateringen

□□: 1081

□□: 160.00 km

100 Meilen

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 23:38:46

□□: 6.77 km/h

□□□□: 8:52 min/km

□□□□□/□□□□: 27 (of 108)

□□□□□□/□: 24 (of 98)

□□□□□□: 17:27:33

□□□□□: 6(of 30)

□□□□□□□: 20:42:51

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Hörselberg	42.50	4:57:15	6:59	11	1:01:28	42	1:01:28	42.50	4:57:15	6:59	28	1:01:28	94	1:01:28	
Sontra	27.50	4:01:39	8:47	2	25:23	10	58:37	70.00	8:58:54	7:41	26	1:26:51	91	1:38:14	
Glasbachwiese	17.00	4:14:20	14:57	24	1:50:34	84	2:21:28	87.00	13:13:14	9:07	26	2:59:00	89	3:38:10	
Gensberg/Brotte	13.00	2:06:55	9:45	2	6:00	7	20:58	100.00	15:20:09	9:12	22	2:07:31	80	3:59:08	
Floh-Seligenthal	14.00	1:28:05	6:17	4	8:26	20	22:51	114.00	16:48:14	8:50	22	2:14:08	78	4:21:59	
Finsterbergen	22.00	3:28:03	9:27	7	26:49	24	56:43	136.00	20:16:17	8:56	20	2:40:57	73	5:18:42	
Prefinish	23.50	3:20:54	8:32	5	18:42	24	52:08	159.50	23:37:11	8:53	20	2:55:47	71	6:10:50	
Fröttstädt	0.50	1:35	3:09	6	0:17	28	0:29	160.00	23:38:46	8:52	6	2:55:55	24	6:11:13	