



10. Thüringen ULTRA  
Fröttstädt / 02.07.2016

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Sakuth, Holger

00: M & H Rennsteigteam Eisenach  
00: 11

00: 100.20 km  
100 Kilometer

0000:  
Senioren M50 (50-54 Jahre)

000: 12:45:01

00: 7.84 km/h  
0000: 7:38 min/km

00000/000: 79 (of 216)

00000/0: 72 (of 181)

000000: 8:48:12

00000: 12(of 38)

0000000: 10:23:21

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Glasbachwiese	27.00	3:15:58	7:15	17	26:34	73	50:46	27.00	3:15:58	7:15	17	26:34	72	50:46
Floh-Seligenthal	27.00	3:14:26	7:12	9	27:17	61	53:26	54.00	6:30:24	7:13	13	53:51	64	1:44:12
Finsterbergen	22.00	3:13:30	8:47	22	42:21	92	1:13:28	76.00	9:43:54	7:40	13	1:35:58	73	2:54:48
Prefinish	23.70	2:59:33	7:34	12	45:23	68	1:01:30	99.70	12:43:27	7:39	12	2:21:21	71	3:56:18
Fröttstädt	0.50	1:34	3:07	26	0:22	109	0:35	100.20	12:45:01	7:38	12	2:21:40	72	3:56:49