



# 10. Thüringen ULTRA

Fröttstädt / 02.07.2016

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Zoremba, Sebastian

□□: Herdenlos

□□: 192

□□: 100.20 km

100 Kilometer

□□□□:

Senioren M40 (40-44 Jahre)

□□□: 12:48:28

□□: 7.81 km/h

□□□□: 7:40 min/km

□□□□□/□□□: 82 (of 216)

□□□□□/□: 75 (of 181)

□□□□□□: 8:48:12

□□□□□: 11(of 22)

□□□□□□□: 9:37:00

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Glasbachwiese	27.00	3:27:06	7:40	15	1:00:29	99	1:01:54	27.00	3:27:06	7:40	15	1:00:29	98	1:01:54	
Floh-Seligenthal	27.00	3:20:50	7:26	12	52:04	75	59:50	54.00	6:47:56	7:33	14	1:39:49	86	2:01:44	
Finsterbergen	22.00	3:07:53	8:32	12	55:50	83	1:07:51	76.00	9:55:49	7:50	13	2:35:39	83	3:06:43	
Prefinish	23.70	2:51:18	7:13	11	35:44	54	53:15	99.70	12:47:07	7:41	11	3:11:23	74	3:59:58	
Fröttstädt	0.50	1:21	2:42	11	0:13	58	0:22	100.20	12:48:28	7:40	11	3:11:28	75	4:00:16	