



10. Thüringen ULTRA
Fröttstädt / 02.07.2016

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Weber, Aurel

□□: Lauffeuer Fröttstädt
□□: 1105

□□: 160.00 km
100 Meilen

□□□□:
Senioren M40 (40-44 Jahre)

□□□: 19:56:21

□□: 8.02 km/h
□□□□: 7:29 min/km

□□□□□/□□□□: 5 (of 108)

□□□□□/□: 5 (of 98)

□□□□□□: 17:27:33

□□□□□: 1(of 8)

□□□□□□□: 19:56:21

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|------------------|----------|----------|--------------|---------|---------|---------|---------|--------|-----------|-----------|---------------|---------|---------|---------|---------|
| Hörselberg | 42.50 | 4:18:13 | 6:04 | 1 | - | 9 | 22:26 | 42.50 | 4:18:13 | 6:04 | 1 | - | 94 | 22:26 | |
| Sontra | 27.50 | 3:56:29 | 8:35 | 1 | - | 9 | 53:27 | 70.00 | 8:14:42 | 7:04 | 1 | - | 91 | 54:02 | |
| Glasbachwiese | 17.00 | 2:22:41 | 8:23 | 1 | - | 5 | 29:49 | 87.00 | 10:37:23 | 7:19 | 1 | - | 89 | 1:02:19 | |
| Gensberg/Brotte | 13.00 | 2:07:04 | 9:46 | 1 | - | 8 | 21:07 | 100.00 | 12:44:27 | 7:38 | 1 | - | 80 | 1:23:26 | |
| Floh-Seligenthal | 14.00 | 1:20:40 | 5:45 | 2 | 1:19 | 8 | 15:26 | 114.00 | 14:05:07 | 7:24 | 1 | - | 78 | 1:38:52 | |
| Finsterbergen | 22.00 | 2:58:12 | 8:05 | 1 | - | 6 | 26:52 | 136.00 | 17:03:19 | 7:31 | 1 | - | 73 | 2:05:44 | |
| Prefinish | 23.50 | 2:51:56 | 7:18 | 1 | - | 5 | 23:10 | 159.50 | 19:55:15 | 7:29 | 1 | - | 71 | 2:28:54 | |
| Fröttstädt | 0.50 | 1:06 | 2:12 | 1 | - | 1 | - | 160.00 | 19:56:21 | 7:28 | 1 | - | 5 | 2:28:48 | |