



10. Thüringen ULTRA
Fröttstädt / 02.07.2016

□□□□

Beckmann, Michael

□□: LSG Weiher

□□: 21

□□: 100.20 km

100 Kilometer

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 12:59:07

□□: 7.70 km/h

□□□□: 7:47 min/km

□□□□□/□□□: 87 (of 216)

□□□□□/□: 79 (of 181)

□□□□□□: 8:48:12

□□□□□: 22(of 43)

□□□□□□□: 9:49:30

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □ | □□ □ |
|------------------|----------|----------|--------------|---------|---------|---------|---------|--------|----------|------|---------|---------|---------|---------|
| Glasbachwiese | 27.00 | 3:16:39 | 7:16 | 18 | 39:43 | 75 | 51:27 | 27.00 | 3:16:39 | 7:16 | 18 | 39:43 | 74 | 51:27 |
| Floh-Seligenthal | 27.00 | 3:25:22 | 7:36 | 23 | 52:08 | 87 | 1:04:22 | 54.00 | 6:42:01 | 7:26 | 22 | 1:30:44 | 77 | 1:55:49 |
| Finsterbergen | 22.00 | 3:03:42 | 8:20 | 21 | 49:58 | 68 | 1:03:40 | 76.00 | 9:45:43 | 7:42 | 22 | 2:12:05 | 75 | 2:56:37 |
| Prefinish | 23.70 | 3:12:01 | 8:06 | 23 | 1:00:55 | 88 | 1:13:58 | 99.70 | 12:57:44 | 7:48 | 22 | 3:09:22 | 78 | 4:10:35 |
| Fröttstädt | 0.50 | 1:23 | 2:46 | 20 | 0:20 | 64 | 0:24 | 100.20 | 12:59:07 | 7:46 | 22 | 3:09:37 | 79 | 4:10:55 |