



10. Thüringen ULTRA  
Fröttstädt / 02.07.2016

□□□□

Witt, Stefan

□□: Lübecker SC  
□□: 140

□□: 100.20 km  
100 Kilometer

□□□□:  
Senioren M50 (50-54 Jahre)

□□□: 13:01:30

□□: 7.68 km/h  
□□□□: 7:48 min/km

□□□□□/□□□: 90 (of 216)

□□□□□/□: 81 (of 181)

□□□□□□: 8:48:12

□□□□□: 17(of 38)

□□□□□□□: 10:23:21

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Glasbachwiese	27.00	3:21:48	7:28	20	32:24	91	56:36	27.00	3:21:48	7:28	20	32:24	90	56:36
Floh-Seligenthal	27.00	3:21:51	7:28	14	34:42	77	1:00:51	54.00	6:43:39	7:28	16	1:07:06	78	1:57:27
Finsterbergen	22.00	3:08:58	8:35	20	37:49	85	1:08:56	76.00	9:52:37	7:47	17	1:44:41	79	3:03:31
Prefinish	23.70	3:07:38	7:55	18	53:28	81	1:09:35	99.70	13:00:15	7:49	17	2:38:09	80	4:13:06
Fröttstädt	0.50	1:15	2:30	5	0:03	27	0:16	100.20	13:01:30	7:47	17	2:38:09	81	4:13:18