



10. Thüringen ULTRA
Fröttstädt / 02.07.2016

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Blumensaat, Roland

□□: schritt-weise.de

□□: 195

□□: 100.20 km

100 Kilometer

□□□□:

Senioren M55 (55-59 Jahre)

□□□: 13:10:20

□□: 7.59 km/h

□□□□: 7:53 min/km

□□□□□/□□□: 92 (of 216)

□□□□□/□: 83 (of 181)

□□□□□□: 8:48:12

□□□□□: 11(of 28)

□□□□□□□: 9:25:18

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Glasbachwiese	27.00	3:44:17	8:18	22	1:11:01	131	1:19:05	27.00	3:44:17	8:18	22	1:11:01	130	1:19:05
Floh-Seligenthal	27.00	3:30:15	7:47	15	1:03:38	96	1:09:15	54.00	7:14:32	8:02	18	2:14:39	110	2:28:20
Finsterbergen	22.00	3:04:59	8:24	9	51:24	71	1:04:57	76.00	10:19:31	8:09	16	3:06:03	94	3:30:25
Prefinish	23.70	2:49:21	7:08	7	38:45	49	51:18	99.70	13:08:52	7:54	11	3:44:48	82	4:21:43
Fröttstädt	0.50	1:28	2:55	13	0:15	84	0:29	100.20	13:10:20	7:53	11	3:45:02	83	4:22:08