



# 10. Thüringen ULTRA

Fröttstädt / 02.07.2016

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**Gothe, Stefan**

□□: Triathlon Friedrichroda e.V.  
 □□: 1065

□□: 160.00 km  
 100 Meilen

□□□□:  
 Senioren M40 (40-44 Jahre)

□□□: 23:34:08

□□: 6.79 km/h  
 □□□□: 8:50 min/km

□□□□□/□□□: 25 (of 108)

□□□□□/□: 22 (of 98)

□□□□□□: 17:27:33

□□□□□: 3(of 8)

□□□□□□□: 19:56:21

□□□□

□□□□

□□□

| □□□              | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□    | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|------------------|----------|----------|--------------|---------|---------|---------|---------|--------|-----------|-----------|---------------|---------|---------|---------|---------|
| Hörselberg       | 42.50    | 5:25:14  | 7:39         | 7       | 1:07:01 | 67      | 1:29:27 | 42.50  | 5:25:14   | 7:39      | 9             | 1:07:01 | 94      | 1:29:27 |         |
| Sontra           | 27.50    | 4:44:33  | 10:20        | 5       | 48:04   | 33      | 1:41:31 | 70.00  | 10:09:47  | 8:42      | 9             | 1:55:05 | 91      | 2:49:07 |         |
| Glasbachwiese    | 17.00    | 3:13:06  | 11:21        | 6       | 50:25   | 62      | 1:20:14 | 87.00  | 13:22:53  | 9:13      | 9             | 2:45:30 | 89      | 3:47:49 |         |
| Gensberg/Brotte  | 13.00    | 2:34:18  | 11:52        | 5       | 27:14   | 50      | 48:21   | 100.00 | 15:57:11  | 9:34      | 8             | 3:12:44 | 80      | 4:36:10 |         |
| Floh-Seligenthal | 14.00    | 1:34:36  | 6:45         | 4       | 15:15   | 39      | 29:22   | 114.00 | 17:31:47  | 9:13      | 8             | 3:26:40 | 78      | 5:05:32 |         |
| Finsterbergen    | 22.00    | 3:08:05  | 8:32         | 2       | 9:53    | 12      | 36:45   | 136.00 | 20:39:52  | 9:06      | 7             | 3:36:33 | 73      | 5:42:17 |         |
| Prefinish        | 23.50    | 2:52:35  | 7:20         | 2       | 0:39    | 6       | 23:49   | 159.50 | 23:32:27  | 8:51      | 7             | 3:37:12 | 71      | 6:06:06 |         |
| Fröttstädt       | 0.50     | 1:41     | 3:22         | 3       | 0:35    | 35      | 0:35    | 160.00 | 23:34:08  | 8:50      | 3             | 3:37:47 | 22      | 6:06:35 |         |