



10. Thüringen ULTRA  
Fröttstädt / 02.07.2016

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Helle, Friedrich

□□: Lage

□□: 1040

□□: 160.00 km

100 Meilen

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 23:37:20

□□: 6.77 km/h

□□□□: 8:52 min/km

□□□□□/□□□: 26 (of 108)

□□□□□/□: 23 (of 98)

□□□□□□: 17:27:33

□□□□□: 5(of 30)

□□□□□□□: 20:42:51

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Hörselberg	42.50	5:19:28	7:31	18	1:23:41	61	1:23:41	42.50	5:19:28	7:31	28	1:23:41	94	1:23:41
Sontra	27.50	4:47:05	10:26	9	1:10:49	36	1:44:03	70.00	10:06:33	8:39	26	2:34:30	91	2:45:53
Glasbachwiese	17.00	2:48:38	9:55	7	24:52	25	55:46	87.00	12:55:11	8:54	26	2:40:57	89	3:20:07
Gensberg/Brotte	13.00	2:13:08	10:14	4	12:13	16	27:11	100.00	15:08:19	9:04	22	1:55:41	80	3:47:18
Floh-Seligenthal	14.00	1:28:44	6:20	5	9:05	23	23:30	114.00	16:37:03	8:44	22	2:02:57	78	4:10:48
Finsterbergen	22.00	3:28:54	9:29	8	27:40	25	57:34	136.00	20:05:57	8:52	20	2:30:37	73	5:08:22
Prefinish	23.50	3:29:20	8:54	10	27:08	31	1:00:34	159.50	23:35:17	8:52	20	2:53:53	71	6:08:56
Fröttstädt	0.50	2:03	4:05	14	0:45	55	0:57	160.00	23:37:20	8:51	5	2:54:29	23	6:09:47