



10. Thüringen ULTRA

Fröttstädt / 02.07.2016

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Fels, Manfred

□□: Lauffreunde Emsland/TEA
 □□: 1044

□□: 160.00 km
 100 Meilen

□□□□:
 Senioren M60 (60-64 Jahre)

□□□: 23:39:03

□□: 6.77 km/h
 □□□□: 8:52 min/km

□□□□□/□□□□: 28 (of 108)

□□□□□/□: 25 (of 98)

□□□□□□: 17:27:33

□□□□□: 1(of 9)

□□□□□□□: 23:39:03

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Hörselberg	42.50	5:19:24	7:30	3	41:01	58	1:23:37	42.50	5:19:24	7:30	10	41:01	94	1:23:37	
Sontra	27.50	4:55:23	10:44	4	48:53	48	1:52:21	70.00	10:14:47	8:46	10	50:22	91	2:54:07	
Glasbachwiese	17.00	2:50:00	10:00	1	-	29	57:08	87.00	13:04:47	9:01	9	29:28	89	3:29:43	
Gensberg/Brotte	13.00	2:25:14	11:10	2	5:26	30	39:17	100.00	15:30:01	9:18	9	21:24	80	4:09:00	
Floh-Seligenthal	14.00	1:27:18	6:14	1	-	19	22:04	114.00	16:57:19	8:55	9	13:52	78	4:31:04	
Finsterbergen	22.00	3:31:23	9:36	1	-	31	1:00:03	136.00	20:28:42	9:02	1	-	73	5:31:07	
Prefinish	23.50	3:08:53	8:02	1	-	18	40:07	159.50	23:37:35	8:53	1	-	71	6:11:14	
Fröttstädt	0.50	1:28	2:55	2	0:01	17	0:22	160.00	23:39:03	8:52	1	-	25	6:11:30	