



10. Thüringen ULTRA
Fröttstädt / 02.07.2016

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Gunsenheimer, Wolfgang

□□: SG Waldetzenberg

□□: 101

□□: 100.20 km

100 Kilometer

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 13:45:06

□□: 7.29 km/h

□□□□: 8:14 min/km

□□□□□/□□□: 117 (of 216)

□□□□□/□: 100 (of 181)

□□□□□□: 8:48:12

□□□□□: 24(of 43)

□□□□□□□: 9:49:30

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ | □□□ | □□ - | □□ - | □□ □ | □□ □ |
|------------------|----------|----------|--------------|---------|---------|---------|---------|--------|----------|------|---------|---------|---------|---------|
| Glasbachwiese | 27.00 | 3:52:22 | 8:36 | 37 | 1:15:26 | 152 | 1:27:10 | 27.00 | 3:52:22 | 8:36 | 37 | 1:15:26 | 151 | 1:27:10 |
| Floh-Seligenthal | 27.00 | 3:40:09 | 8:09 | 28 | 1:06:55 | 112 | 1:19:09 | 54.00 | 7:32:31 | 8:22 | 32 | 2:21:14 | 128 | 2:46:19 |
| Finsterbergen | 22.00 | 3:17:06 | 8:57 | 25 | 1:03:22 | 96 | 1:17:04 | 76.00 | 10:49:37 | 8:32 | 30 | 3:15:59 | 119 | 4:00:31 |
| Prefinish | 23.70 | 2:53:56 | 7:20 | 16 | 42:50 | 58 | 55:53 | 99.70 | 13:43:33 | 8:15 | 24 | 3:55:11 | 100 | 4:56:24 |
| Fröttstädt | 0.50 | 1:33 | 3:06 | 28 | 0:30 | 106 | 0:34 | 100.20 | 13:45:06 | 8:14 | 24 | 3:55:36 | 100 | 4:56:54 |