



10. Thüringen ULTRA
Fröttstädt / 02.07.2016

□□□□

Kraus, Michael

□□: SC Aising-Pang

□□: 149

□□: 100.20 km

100 Kilometer

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 14:04:32

□□: 7.10 km/h

□□□□: 8:26 min/km

□□□□□/□□□: 127 (of 216)

□□□□□/□: 107 (of 181)

□□□□□□: 8:48:12

□□□□□: 26(of 38)

□□□□□□□: 10:23:21

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|------------------|----------|----------|--------------|---------|---------|---------|---------|--------|-----------|---------------|---------|---------|---------|---------|
| Glasbachwiese | 27.00 | 3:22:51 | 7:30 | 21 | 33:27 | 93 | 57:39 | 27.00 | 3:22:51 | 7:30 | 21 | 33:27 | 92 | 57:39 |
| Floh-Seligenthal | 27.00 | 3:32:43 | 7:52 | 21 | 45:34 | 101 | 1:11:43 | 54.00 | 6:55:34 | 7:41 | 20 | 1:19:01 | 93 | 2:09:22 |
| Finsterbergen | 22.00 | 3:33:07 | 9:41 | 30 | 1:01:58 | 128 | 1:33:05 | 76.00 | 10:28:41 | 8:16 | 25 | 2:20:45 | 105 | 3:39:35 |
| Prefinish | 23.70 | 3:34:18 | 9:02 | 30 | 1:20:08 | 118 | 1:36:15 | 99.70 | 14:02:59 | 8:27 | 26 | 3:40:53 | 107 | 5:15:50 |
| Fröttstädt | 0.50 | 1:33 | 3:06 | 24 | 0:21 | 106 | 0:34 | 100.20 | 14:04:32 | 8:25 | 26 | 3:41:11 | 107 | 5:16:20 |