



10. Thüringen ULTRA

Fröttstädt / 02.07.2016

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Hilden, Georg

□□: Red Wine Finishers
 □□: 1021

□□: 160.00 km
 100 Meilen

□□□□:
 Senioren M45 (45-49 Jahre)

□□□: 25:16:33

□□: 6.33 km/h
 □□□□: 9:29 min/km

□□□□□/□□□□: 49 (of 108)

□□□□□/□: 46 (of 98)

□□□□□□: 17:27:33

□□□□□: 8(of 15)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Hörselberg	42.50	5:33:27	7:50	12	1:37:40	71	1:37:40	42.50	5:33:27	7:50	16	1:37:40	94	1:37:40
Sontra	27.50	5:33:10	12:06	14	2:08:17	73	2:30:08	70.00	11:06:37	9:31	16	3:45:57	91	3:45:57
Glasbachwiese	17.00	3:19:29	11:44	12	1:05:05	69	1:26:37	87.00	14:26:06	9:57	16	4:51:02	89	4:51:02
Gensberg/Brotte	13.00	2:29:22	11:29	9	43:25	40	43:25	100.00	16:55:28	10:09	16	5:34:27	80	5:34:27
Floh-Seligenthal	14.00	1:29:58	6:25	7	24:44	27	24:44	114.00	18:25:26	9:41	15	5:59:11	78	5:59:11
Finsterbergen	22.00	3:26:35	9:23	7	55:15	19	55:15	136.00	21:52:01	9:38	15	6:54:26	73	6:54:26
Prefinish	23.50	3:22:59	8:38	8	54:13	25	54:13	159.50	25:15:00	9:29	14	7:48:39	71	7:48:39
Fröttstädt	0.50	1:33	3:06	9	0:24	25	0:27	160.00	25:16:33	9:28	8	7:49:00	46	7:49:00