



10. Thüringen ULTRA
Fröttstädt / 02.07.2016

0000

Beierlieb, Alfred

00: LG Veitenstein

00: 235

00: 100.20 km

100 Kilometer

0000:

Senioren M45 (45-49 Jahre)

000: 14:22:21

00: 6.96 km/h

0000: 8:37 min/km

00000/000: 137 (of 216)

00000/0: 116 (of 181)

000000: 8:48:12

00000: 28(of 43)

0000000: 9:49:30

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Glasbachwiese	27.00	3:48:23	8:27	33	1:11:27	140	1:23:11	27.00	3:48:23	8:27	33	1:11:27	139	1:23:11
Floh-Seligenthal	27.00	3:29:21	7:45	24	56:07	93	1:08:21	54.00	7:17:44	8:06	30	2:06:27	119	2:31:32
Finsterbergen	22.00	3:19:48	9:04	27	1:06:04	102	1:19:46	76.00	10:37:32	8:23	26	3:03:54	110	3:48:26
Prefinish	23.70	3:42:35	9:23	31	1:31:29	126	1:44:32	99.70	14:20:07	8:37	28	4:31:45	115	5:32:58
Fröttstädt	0.50	2:14	4:28	38	1:11	153	1:15	100.20	14:22:21	8:36	28	4:32:51	116	5:34:09