



# 10. Thüringen ULTRA

Fröttstädt / 02.07.2016

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Frunzke, Thomas

□□: Storkow  
 □□: 1116

□□: 160.00 km  
 100 Meilen

□□□□:  
 Senioren M55 (55-59 Jahre)

□□□: 24:30:09

□□: 6.53 km/h  
 □□□□: 9:11 min/km

□□□□□/□□□: 41 (of 108)

□□□□□/□: 38 (of 98)

□□□□□□: 17:27:33

□□□□□: 8(of 15)

□□□□□□□: 20:52:02

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Hörselberg	42.50	5:19:24	7:30	12	52:01	58	1:23:37	42.50	5:19:24	7:30	16	52:01	94	1:23:37
Sontra	27.50	4:55:23	10:44	10	40:00	48	1:52:21	70.00	10:14:47	8:46	16	1:19:48	91	2:54:07
Glasbachwiese	17.00	2:56:50	10:24	12	1:03:58	40	1:03:58	87.00	13:11:37	9:05	16	1:48:01	89	3:36:33
Gensberg/Brotte	13.00	2:19:58	10:46	5	16:25	26	34:01	100.00	15:31:35	9:18	16	2:04:26	80	4:10:34
Floh-Seligenthal	14.00	1:34:49	6:46	10	17:12	41	29:35	114.00	17:06:24	9:00	16	2:21:38	78	4:40:09
Finsterbergen	22.00	3:31:02	9:35	4	32:19	29	59:42	136.00	20:37:26	9:05	15	2:53:57	73	5:39:51
Prefinish	23.50	3:50:54	9:49	9	43:49	45	1:22:08	159.50	24:28:20	9:12	15	3:37:46	71	7:01:59
Fröttstädt	0.50	1:49	3:38	8	0:33	48	0:43	160.00	24:30:09	9:11	8	3:38:07	38	7:02:36