



10. Thüringen ULTRA  
Fröttstädt / 02.07.2016

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Heitfeldt, Ulrich

00: LG Hannover  
00: 179

00: 100.20 km  
100 Kilometer

0000:  
Senioren M55 (55-59 Jahre)

000: 14:36:50

00: 6.86 km/h  
0000: 8:45 min/km

00000/000: 143 (of 216)

00000/0: 121 (of 181)

000000: 8:48:12

00000: 18(of 28)

0000000: 9:25:18

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Glasbachwiese	27.00	3:37:43	8:03	20	1:04:27	123	1:12:31	27.00	3:37:43	8:03	20	1:04:27	122	1:12:31
Floh-Seligenthal	27.00	3:55:22	8:43	23	1:28:45	144	1:34:22	54.00	7:33:05	8:23	22	2:33:12	131	2:46:53
Finsterbergen	22.00	3:29:01	9:30	18	1:15:26	121	1:28:59	76.00	11:02:06	8:42	20	3:48:38	124	4:13:00
Prefinish	23.70	3:32:59	8:59	18	1:22:23	114	1:34:56	99.70	14:35:05	8:46	18	5:11:01	120	5:47:56
Fröttstädt	0.50	1:45	3:30	21	0:32	132	0:46	100.20	14:36:50	8:45	18	5:11:32	121	5:48:38