



10. Thüringen ULTRA

Fröttstädt / 02.07.2016

□□□□

Rotte, Uwe

□□: Team ERDINGER alkoholfrei
 □□: 1008

□□: 160.00 km
 100 Meilen

□□□□:
 Senioren M55 (55-59 Jahre)

□□□: 24:42:24

□□: 6.48 km/h
 □□□□: 9:16 min/km

□□□□□/□□□□: 45 (of 108)

□□□□□/□: 42 (of 98)

□□□□□□: 17:27:33

□□□□□: 11(of 15)

□□□□□□□: 20:52:02

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|------------------|----------|----------|--------------|---------|---------|---------|---------|--------|-----------|-----------|---------------|---------|---------|---------|---------|
| Hörselberg | 42.50 | 4:53:43 | 6:54 | 6 | 26:20 | 36 | 57:56 | 42.50 | 4:53:43 | 6:54 | 16 | 26:20 | 94 | 57:56 | |
| Sontra | 27.50 | 5:01:15 | 10:57 | 12 | 45:52 | 57 | 1:58:13 | 70.00 | 9:54:58 | 8:29 | 16 | 59:59 | 91 | 2:34:18 | |
| Glasbachwiese | 17.00 | 2:41:13 | 9:29 | 3 | 48:21 | 16 | 48:21 | 87.00 | 12:36:11 | 8:41 | 16 | 1:12:35 | 89 | 3:01:07 | |
| Gensberg/Brotte | 13.00 | 2:10:09 | 10:00 | 2 | 6:36 | 11 | 24:12 | 100.00 | 14:46:20 | 8:51 | 16 | 1:19:11 | 80 | 3:25:19 | |
| Floh-Seligenthal | 14.00 | 1:36:44 | 6:54 | 11 | 19:07 | 43 | 31:30 | 114.00 | 16:23:04 | 8:37 | 16 | 1:38:18 | 78 | 3:56:49 | |
| Finsterbergen | 22.00 | 3:31:03 | 9:35 | 5 | 32:20 | 30 | 59:43 | 136.00 | 19:54:07 | 8:46 | 15 | 2:10:38 | 73 | 4:56:32 | |
| Prefinish | 23.50 | 4:45:34 | 12:09 | 14 | 1:38:29 | 68 | 2:16:48 | 159.50 | 24:39:41 | 9:16 | 15 | 3:49:07 | 71 | 7:13:20 | |
| Fröttstädt | 0.50 | 2:43 | 5:26 | 14 | 1:27 | 65 | 1:37 | 160.00 | 24:42:24 | 9:15 | 11 | 3:50:22 | 42 | 7:14:51 | |