



10. Thüringen ULTRA

Fröttstädt / 02.07.2016

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Amberger, Andreas

□□□: 23:47:37

□□: Lauf Team Unna / Ultra Marathon Trödeltruppe

□□: 6.72 km/h

□□: 1048

□□□□: 8:55 min/km

□□: 160.00 km

□□□□□/□□□□: 32 (of 108)

100 Meilen

□□□□□/□: 27 (of 98)

□□□□□□: 17:27:33

□□□□:

□□□□□: 8(of 30)

Senioren M50 (50-54 Jahre)

□□□□□□□: 20:42:51

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Hörselberg	42.50	4:45:03	6:42	7	49:16	30	49:16	42.50	4:45:03	6:42	28	49:16	94	49:16	
Sontra	27.50	4:57:43	10:49	12	1:21:27	53	1:54:41	70.00	9:42:46	8:19	26	2:10:43	91	2:22:06	
Glasbachwiese	17.00	3:06:27	10:58	12	42:41	51	1:13:35	87.00	12:49:13	8:50	26	2:34:59	89	3:14:09	
Gensberg/Brotte	13.00	2:29:30	11:30	12	28:35	42	43:33	100.00	15:18:43	9:11	22	2:06:05	80	3:57:42	
Floh-Seligenthal	14.00	1:31:35	6:32	10	11:56	32	26:21	114.00	16:50:18	8:51	22	2:16:12	78	4:24:03	
Finsterbergen	22.00	3:29:52	9:32	10	28:38	27	58:32	136.00	20:20:10	8:58	20	2:44:50	73	5:22:35	
Prefinish	23.50	3:25:42	8:45	8	23:30	29	56:56	159.50	23:45:52	8:56	20	3:04:28	71	6:19:31	
Fröttstädt	0.50	1:45	3:30	9	0:27	39	0:39	160.00	23:47:37	8:55	8	3:04:46	27	6:20:04	