



10. Thüringen ULTRA

Fröttstädt / 02.07.2016

□□□□

Ruppert, Ralf

□□: LG Oelde/Wadersloh
 □□: 1050

□□: 160.00 km
 100 Meilen

□□□□:
 Senioren M50 (50-54 Jahre)

□□□: 23:47:37

□□: 6.72 km/h
 □□□□: 8:55 min/km

□□□□□/□□□□: 31 (of 108)

□□□□□/□: 27 (of 98)

□□□□□□: 17:27:33

□□□□□: 8(of 30)

□□□□□□□: 20:42:51

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□□□□

□□□

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