



10. Thüringen ULTRA
Fröttstädt / 02.07.2016

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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	□□ -	□□ -	□□ □	□□ □	□□□	□□□ 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	