



10. Thüringen ULTRA

Fröttstädt / 02.07.2016

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Lohrke, Ralf

□□: Ultra-Trödeltruppe

□□: 1005

□□: 160.00 km

100 Meilen

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 23:47:37

□□: 6.72 km/h

□□□□: 8:55 min/km

□□□□□/□□□: 30 (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	4:45:04	6:42	8	49:17	31	49:17	42.50	4:45:04	6:42	28	49:17	94	49:17	
Sontra	27.50	4:57:44	10:49	13	1:21:28	54	1:54:42	70.00	9:42:48	8:19	26	2:10:45	91	2:22:08	
Glasbachwiese	17.00	3:07:06	11:00	14	43:20	53	1:14:14	87.00	12:49:54	8:50	26	2:35:40	89	3:14:50	
Gensberg/Brotte	13.00	2:28:48	11:26	9	27:53	37	42:51	100.00	15:18:42	9:11	22	2:06:04	80	3:57:41	
Floh-Seligenthal	14.00	1:31:37	6:32	11	11:58	33	26:23	114.00	16:50:19	8:51	22	2:16:13	78	4:24:04	
Finsterbergen	22.00	3:30:00	9:32	11	28:46	28	58:40	136.00	20:20:19	8:58	20	2:44:59	73	5:22:44	
Prefinish	23.50	3:25:33	8:44	7	23:21	28	56:47	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	