



10. Thüringen ULTRA
Fröttstädt / 02.07.2016

0000

Kotschenreuther, Christian

000: 23:52:30

00: Steinwiesen

00: 6.70 km/h

00: 1096

0000: 8:57 min/km

00: 160.00 km

00000/000: 34 (of 108)

100 Meilen

00000/0: 31 (of 98)

000000: 17:27:33

0000:

00000: 3(of 5)

Senioren M30 (30-34 Jahre)

0000000: 19:43:52

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Hörselberg	42.50	4:37:22	6:31	5	25:33	21	41:35	42.50	4:37:22	6:31	6	25:33	94	41:35	
Sontra	27.50	4:25:19	9:38	2	41:11	20	1:22:17	70.00	9:02:41	7:45	6	56:04	91	1:42:01	
Glasbachwiese	17.00	2:50:52	10:03	4	35:09	31	58:00	87.00	11:53:33	8:12	5	1:31:13	89	2:18:29	
Gensberg/Brotte	13.00	2:23:09	11:00	3	10:57	27	37:12	100.00	14:16:42	8:34	5	1:42:10	80	2:55:41	
Floh-Seligenthal	14.00	1:34:02	6:43	2	16:26	38	28:48	114.00	15:50:44	8:20	5	1:58:36	78	3:24:29	
Finsterbergen	22.00	4:08:07	11:16	4	1:14:37	57	1:36:47	136.00	19:58:51	8:48	5	3:13:13	73	5:01:16	
Prefinish	23.50	3:52:12	9:52	3	55:31	47	1:23:26	159.50	23:51:03	8:58	5	4:08:44	71	6:24:42	
Fröttstädt	0.50	1:27	2:53	1	-	14	0:21	160.00	23:52:30	8:57	3	4:08:38	31	6:24:57	