



10. Thüringen ULTRA

Fröttstädt / 02.07.2016

□□□□

Deenen, Albert Jan

□□: KNBLO Niederlande
 □□: 1030

□□: 160.00 km
 100 Meilen

□□□□:
 Senioren M50 (50-54 Jahre)

□□□: 26:56:41

□□: 5.94 km/h
 □□□□: 10:06 min/km

□□□□□/□□□: 65 (of 108)

□□□□□/□: 59 (of 98)

□□□□□□: 17:27:33

□□□□□: 16(of 30)

□□□□□□□: 20:42:51

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Hörselberg	42.50	5:56:46	8:23	22	2:00:59	80	2:00:59	42.50	5:56:46	8:23	28	2:00:59	94	2:00:59
Sontra	27.50	6:09:43	13:26	23	2:33:27	83	3:06:41	70.00	12:06:29	10:22	26	4:34:26	91	4:45:49
Glasbachwiese	17.00	3:20:44	11:48	18	56:58	70	1:27:52	87.00	15:27:13	10:39	26	5:12:59	89	5:52:09
Gensberg/Brotte	13.00	2:31:15	11:38	13	30:20	44	45:18	100.00	17:58:28	10:47	22	4:45:50	80	6:37:27
Floh-Seligenthal	14.00	1:30:11	6:26	7	10:32	29	24:57	114.00	19:28:39	10:15	22	4:54:33	78	7:02:24
Finsterbergen	22.00	3:41:55	10:05	12	40:41	36	1:10:35	136.00	23:10:34	10:13	20	5:35:14	73	8:12:59
Prefinish	23.50	3:44:20	9:32	12	42:08	38	1:15:34	159.50	26:54:54	10:07	20	6:13:30	71	9:28:33
Fröttstädt	0.50	1:47	3:34	12	0:29	44	0:41	160.00	26:56:41	10:06	16	6:13:50	59	9:29:08