



# 10. Thüringen ULTRA

Fröttstädt / 02.07.2016

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**Witt, Werner**

□□: SV Dickenberg

□□: 134

□□: 100.20 km

100 Kilometer

□□□□:

Senioren M55 (55-59 Jahre)

□□□: 15:00:30

□□: 6.66 km/h

□□□□: 8:59 min/km

□□□□□/□□□: 159 (of 216)

□□□□□/□: 135 (of 181)

□□□□□□: 8:48:12

□□□□□: 21(of 28)

□□□□□□□: 9:25:18

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□□□□

□□□

| □□□              | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□    | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|------------------|----------|----------|--------------|---------|---------|---------|---------|--------|-----------|---------------|---------|---------|---------|---------|
| Glasbachwiese    | 27.00    | 3:47:08  | 8:24         | 24      | 1:13:52 | 138     | 1:21:56 | 27.00  | 3:47:08   | 8:24          | 24      | 1:13:52 | 137     | 1:21:56 |
| Floh-Seligenthal | 27.00    | 4:02:03  | 8:57         | 24      | 1:35:26 | 148     | 1:41:03 | 54.00  | 7:49:11   | 8:41          | 25      | 2:49:18 | 149     | 3:02:59 |
| Finsterbergen    | 22.00    | 3:44:02  | 10:11        | 22      | 1:30:27 | 141     | 1:44:00 | 76.00  | 11:33:13  | 9:07          | 23      | 4:19:45 | 145     | 4:44:07 |
| Prefinish        | 23.70    | 3:25:51  | 8:41         | 14      | 1:15:15 | 105     | 1:27:48 | 99.70  | 14:59:04  | 9:01          | 21      | 5:35:00 | 133     | 6:11:55 |
| Fröttstädt       | 0.50     | 1:26     | 2:52         | 10      | 0:13    | 70      | 0:27    | 100.20 | 15:00:30  | 8:59          | 21      | 5:35:12 | 135     | 6:12:18 |