



10. Thüringen ULTRA

Fröttstädt / 02.07.2016

□□□□

Tschernatsch, André

□□: Hanau

□□: 1025

□□: 160.00 km

100 Meilen

□□□□:

Senioren M55 (55-59 Jahre)

□□□: 24:08:46

□□: 6.63 km/h

□□□□: 9:03 min/km

□□□□□/□□□□: 36 (of 108)

□□□□□/□: 33 (of 98)

□□□□□□: 17:27:33

□□□□□: 6(of 15)

□□□□□□□: 20:52:02

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|------------------|----------|----------|--------------|---------|---------|---------|---------|--------|-----------|-----------|---------------|---------|---------|---------|---------|
| Hörselberg | 42.50 | 4:55:00 | 6:56 | 8 | 27:37 | 40 | 59:13 | 42.50 | 4:55:00 | 6:56 | 16 | 27:37 | 94 | 59:13 | |
| Sontra | 27.50 | 4:39:21 | 10:09 | 7 | 23:58 | 29 | 1:36:19 | 70.00 | 9:34:21 | 8:12 | 16 | 39:22 | 91 | 2:13:41 | |
| Glasbachwiese | 17.00 | 2:52:35 | 10:09 | 9 | 59:43 | 33 | 59:43 | 87.00 | 12:26:56 | 8:35 | 16 | 1:03:20 | 89 | 2:51:52 | |
| Gensberg/Brotte | 13.00 | 2:33:19 | 11:47 | 10 | 29:46 | 49 | 47:22 | 100.00 | 15:00:15 | 9:00 | 16 | 1:33:06 | 80 | 3:39:14 | |
| Floh-Seligenthal | 14.00 | 1:33:37 | 6:41 | 8 | 16:00 | 37 | 28:23 | 114.00 | 16:33:52 | 8:43 | 16 | 1:49:06 | 78 | 4:07:37 | |
| Finsterbergen | 22.00 | 3:49:39 | 10:26 | 8 | 50:56 | 41 | 1:18:19 | 136.00 | 20:23:31 | 8:59 | 15 | 2:40:02 | 73 | 5:25:56 | |
| Prefinish | 23.50 | 3:43:18 | 9:30 | 7 | 36:13 | 37 | 1:14:32 | 159.50 | 24:06:49 | 9:04 | 15 | 3:16:15 | 71 | 6:40:28 | |
| Fröttstädt | 0.50 | 1:57 | 3:53 | 11 | 0:41 | 54 | 0:51 | 160.00 | 24:08:46 | 9:03 | 6 | 3:16:44 | 33 | 6:41:13 | |