



10. Thüringen ULTRA

Fröttstädt / 02.07.2016

□□□□

Giese, Kay

□□: Post SV Buxtehude
 □□: 1038

□□: 160.00 km
 100 Meilen

□□□□:
 Senioren M45 (45-49 Jahre)

□□□: 25:23:28

□□: 6.30 km/h
 □□□□: 9:31 min/km

□□□□□/□□□□: 53 (of 108)

□□□□□/□: 49 (of 98)

□□□□□□: 17:27:33

□□□□□: 9(of 15)

□□□□□□□: 17:27:33

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|------------------|----------|----------|--------------|---------|---------|---------|---------|--------|-----------|---------------|---------|---------|---------|---------|
| Hörselberg | 42.50 | 5:19:07 | 7:30 | 10 | 1:23:20 | 56 | 1:23:20 | 42.50 | 5:19:07 | 7:30 | 16 | 1:23:20 | 94 | 1:23:20 |
| Sontra | 27.50 | 5:07:30 | 11:10 | 11 | 1:42:37 | 64 | 2:04:28 | 70.00 | 10:26:37 | 8:57 | 16 | 3:05:57 | 91 | 3:05:57 |
| Glasbachwiese | 17.00 | 3:03:14 | 10:46 | 9 | 48:50 | 48 | 1:10:22 | 87.00 | 13:29:51 | 9:18 | 16 | 3:54:47 | 89 | 3:54:47 |
| Gensberg/Brotte | 13.00 | 2:28:28 | 11:25 | 8 | 42:31 | 36 | 42:31 | 100.00 | 15:58:19 | 9:34 | 16 | 4:37:18 | 80 | 4:37:18 |
| Floh-Seligenthal | 14.00 | 1:36:56 | 6:55 | 9 | 31:42 | 45 | 31:42 | 114.00 | 17:35:15 | 9:15 | 15 | 5:09:00 | 78 | 5:09:00 |
| Finsterbergen | 22.00 | 3:49:16 | 10:25 | 8 | 1:17:56 | 40 | 1:17:56 | 136.00 | 21:24:31 | 9:26 | 15 | 6:26:56 | 73 | 6:26:56 |
| Prefinish | 23.50 | 3:57:03 | 10:05 | 9 | 1:28:17 | 49 | 1:28:17 | 159.50 | 25:21:34 | 9:32 | 14 | 7:55:13 | 71 | 7:55:13 |
| Fröttstädt | 0.50 | 1:54 | 3:47 | 10 | 0:45 | 52 | 0:48 | 160.00 | 25:23:28 | 9:31 | 9 | 7:55:55 | 49 | 7:55:55 |