



10. Thüringen ULTRA

Fröttstädt / 02.07.2016

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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)

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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