



10. Thüringen ULTRA

Fröttstädt / 02.07.2016

0000

Zehring, Uwe

00: DUV

00: 1034

00: 160.00 km

100 Meilen

0000:

Senioren M55 (55-59 Jahre)

000: 25:26:05

00: 6.29 km/h

0000: 9:32 min/km

00000/000: 54 (of 108)

00000/0: 50 (of 98)

000000: 17:27:33

00000: 13(of 15)

0000000: 20:52:02

0000

0000

000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Hörselberg	42.50	5:19:37	7:31	13	52:14	63	1:23:50	42.50	5:19:37	7:31	16	52:14	94	1:23:50	
Sontra	27.50	4:57:42	10:49	11	42:19	52	1:54:40	70.00	10:17:19	8:49	16	1:22:20	91	2:56:39	
Glasbachwiese	17.00	3:08:46	11:06	14	1:15:54	55	1:15:54	87.00	13:26:05	9:15	16	2:02:29	89	3:51:01	
Gensberg/Brotte	13.00	3:12:07	14:46	15	1:08:34	77	1:26:10	100.00	16:38:12	9:58	16	3:11:03	80	5:17:11	
Floh-Seligenthal	14.00	1:38:20	7:01	12	20:43	49	33:06	114.00	18:16:32	9:37	16	3:31:46	78	5:50:17	
Finsterbergen	22.00	3:57:39	10:48	10	58:56	47	1:26:19	136.00	22:14:11	9:48	15	4:30:42	73	7:16:36	
Prefinish	23.50	3:10:38	8:06	3	3:33	20	41:52	159.50	25:24:49	9:33	15	4:34:15	71	7:58:28	
Fröttstädt	0.50	1:16	2:31	1	-	6	0:10	160.00	25:26:05	9:32	13	4:34:03	50	7:58:32	