



10. Thüringen ULTRA

Fröttstädt / 02.07.2016

0000

Heym, Andreas

00: EDEKA-Team ERFURT

00: 1020

00: 160.00 km

100 Meilen

0000:

Senioren M40 (40-44 Jahre)

000: 24:30:36

00: 6.53 km/h

0000: 9:11 min/km

00000/000: 42 (of 108)

00000/0: 39 (of 98)

000000: 17:27:33

00000: 4(of 8)

0000000: 19:56:21

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Hörselberg	42.50	5:19:20	7:30	6	1:01:07	57	1:23:33	42.50	5:19:20	7:30	9	1:01:07	94	1:23:33
Sontra	27.50	4:52:10	10:37	6	55:41	42	1:49:08	70.00	10:11:30	8:44	9	1:56:48	91	2:50:50
Glasbachwiese	17.00	2:56:29	10:22	3	33:48	38	1:03:37	87.00	13:07:59	9:03	9	2:30:36	89	3:32:55
Gensberg/Brotte	13.00	2:32:52	11:45	4	25:48	46	46:55	100.00	15:40:51	9:24	8	2:56:24	80	4:19:50
Floh-Seligenthal	14.00	1:37:55	6:59	5	18:34	47	32:41	114.00	17:18:46	9:06	8	3:13:39	78	4:52:31
Finsterbergen	22.00	3:44:55	10:13	4	46:43	37	1:13:35	136.00	21:03:41	9:17	7	4:00:22	73	6:06:06
Prefinish	23.50	3:25:27	8:44	3	33:31	27	56:41	159.50	24:29:08	9:12	7	4:33:53	71	7:02:47
Fröttstädt	0.50	1:28	2:55	2	0:22	17	0:22	160.00	24:30:36	9:11	4	4:34:15	39	7:03:03