



10. Thüringen ULTRA
Fröttstädt / 02.07.2016

0000

Jensch, Volkmar

00: Teltow
00: 130

00: 100.20 km
100 Kilometer

0000:
Senioren M55 (55-59 Jahre)

000: 15:38:52

00: 6.39 km/h
0000: 9:22 min/km

00000/000: 170 (of 216)

00000/0: 144 (of 181)

000000: 8:48:12

00000: 23(of 28)

0000000: 9:25:18

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Glasbachwiese	27.00	3:38:08	8:04	21	1:04:52	126	1:12:56	27.00	3:38:08	8:04	21	1:04:52	125	1:12:56
Floh-Seligenthal	27.00	3:49:50	8:30	21	1:23:13	133	1:28:50	54.00	7:27:58	8:17	21	2:28:05	127	2:41:46
Finsterbergen	22.00	3:52:07	10:33	24	1:38:32	153	1:52:05	76.00	11:20:05	8:56	22	4:06:37	138	4:30:59
Prefinish	23.70	4:17:07	10:50	26	2:06:31	156	2:19:04	99.70	15:37:12	9:24	23	6:13:08	143	6:50:03
Fröttstädt	0.50	1:40	3:20	19	0:27	124	0:41	100.20	15:38:52	9:22	23	6:13:34	144	6:50:40