



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

0000

0000

000

| 000 | 00 km | 00 00 | 00 min/km | 00 - | 00 - | 00 0 | 00 0 | 000 km | 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 |