



10. Thüringen ULTRA

Fröttstädt / 02.07.2016

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Miller, Alex

□□: Team Miller-Udell
 □□: 1063

□□: 160.00 km
 100 Meilen

□□□□:
 Senioren M35 (35-39 Jahre)

□□□: 25:39:35

□□: 6.24 km/h
 □□□□: 9:37 min/km

□□□□□/□□□□: 56 (of 108)

□□□□□/□: 52 (of 98)

□□□□□□: 17:27:33

□□□□□: 6(of 11)

□□□□□□□: 20:25:30

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Hörselberg	42.50	5:02:53	7:07	5	44:28	44	1:07:06	42.50	5:02:53	7:07	10	44:28	94	1:07:06	
Sontra	27.50	4:52:28	10:38	4	1:49:26	43	1:49:26	70.00	9:55:21	8:30	10	1:59:28	91	2:34:41	
Glasbachwiese	17.00	3:03:02	10:45	7	36:32	47	1:10:10	87.00	12:58:23	8:56	11	2:22:58	89	3:23:19	
Gensberg/Brotte	13.00	2:32:56	11:45	5	29:57	47	46:59	100.00	15:31:19	9:18	9	2:52:55	80	4:10:18	
Floh-Seligenthal	14.00	1:47:12	7:39	6	25:50	59	41:58	114.00	17:18:31	9:06	8	3:14:04	78	4:52:16	
Finsterbergen	22.00	4:06:30	11:12	6	1:03:02	55	1:35:10	136.00	21:25:01	9:26	7	4:03:23	73	6:27:26	
Prefinish	23.50	4:12:46	10:45	6	1:13:58	54	1:44:00	159.50	25:37:47	9:38	7	5:13:32	71	8:11:26	
Fröttstädt	0.50	1:48	3:36	6	0:33	47	0:42	160.00	25:39:35	9:37	6	5:14:05	52	8:12:02	