



10. Thüringen ULTRA

Fröttstädt / 02.07.2016

□□□□

Schwien, Reinhard

□□: MTV Heide
 □□: 1033

□□: 160.00 km
 100 Meilen

□□□□:
 Senioren M55 (55-59 Jahre)

□□□: 24:57:09

□□: 6.41 km/h
 □□□□: 9:22 min/km

□□□□□/□□□: 48 (of 108)

□□□□□/□: 45 (of 98)

□□□□□□: 17:27:33

□□□□□: 12(of 15)

□□□□□□□: 20:52:02

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|------------------|----------|----------|--------------|---------|---------|---------|---------|--------|-----------|---------------|---------|---------|---------|---------|
| Hörselberg | 42.50 | 5:07:12 | 7:13 | 9 | 39:49 | 47 | 1:11:25 | 42.50 | 5:07:12 | 7:13 | 16 | 39:49 | 94 | 1:11:25 |
| Sontra | 27.50 | 4:32:11 | 9:53 | 4 | 16:48 | 25 | 1:29:09 | 70.00 | 9:39:23 | 8:16 | 16 | 44:24 | 91 | 2:18:43 |
| Glasbachwiese | 17.00 | 2:49:20 | 9:57 | 6 | 56:28 | 27 | 56:28 | 87.00 | 12:28:43 | 8:36 | 16 | 1:05:07 | 89 | 2:53:39 |
| Gensberg/Brotte | 13.00 | 2:28:50 | 11:26 | 8 | 25:17 | 38 | 42:53 | 100.00 | 14:57:33 | 8:58 | 16 | 1:30:24 | 80 | 3:36:32 |
| Floh-Seligenthal | 14.00 | 1:29:44 | 6:24 | 6 | 12:07 | 26 | 24:30 | 114.00 | 16:27:17 | 8:39 | 16 | 1:42:31 | 78 | 4:01:02 |
| Finsterbergen | 22.00 | 4:21:07 | 11:52 | 13 | 1:22:24 | 64 | 1:49:47 | 136.00 | 20:48:24 | 9:10 | 15 | 3:04:55 | 73 | 5:50:49 |
| Prefinish | 23.50 | 4:06:24 | 10:29 | 12 | 59:19 | 53 | 1:37:38 | 159.50 | 24:54:48 | 9:22 | 15 | 4:04:14 | 71 | 7:28:27 |
| Fröttstädt | 0.50 | 2:21 | 4:42 | 12 | 1:05 | 61 | 1:15 | 160.00 | 24:57:09 | 9:21 | 12 | 4:05:07 | 45 | 7:29:36 |