



10. Thüringen ULTRA  
Fröttstädt / 02.07.2016

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Scharnagl, Volker

00: Wirdlbrinf  
00: 227

00: 100.20 km  
100 Kilometer

0000:  
Senioren M35 (35-39 Jahre)

000: 16:22:44

00: 6.11 km/h  
0000: 9:49 min/km

00000/000: 186 (of 216)

00000/0: 155 (of 181)

000000: 8:48:12

00000: 17(of 18)

0000000: 8:48:12

0000

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000	000	00 -	00 -	00 0	00 0
Glasbachwiese	27.00	3:52:21	8:36	16	1:27:09	151	1:27:09	27.00	3:52:21	8:36	15	1:27:09	150	1:27:09
Floh-Seligenthal	27.00	4:17:56	9:33	17	1:56:56	165	1:56:56	54.00	8:10:17	9:04	16	3:24:05	156	3:24:05
Finsterbergen	22.00	4:08:55	11:18	17	2:08:53	165	2:08:53	76.00	12:19:12	9:43	16	5:30:06	160	5:30:06
Prefinish	23.70	4:01:51	10:12	16	2:03:48	148	2:03:48	99.70	16:21:03	9:50	16	7:33:54	157	7:33:54
Fröttstädt	0.50	1:41	3:22	15	0:38	126	0:42	100.20	16:22:44	9:48	17	7:34:32	155	7:34:32