



10. Thüringen ULTRA

Fröttstädt / 02.07.2016

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Körting, Axel

□□: SC Karamasow
 □□: 1101

□□: 160.00 km
 100 Meilen

□□□□:
 Senioren M45 (45-49 Jahre)

□□□: 26:43:53

□□: 5.99 km/h
 □□□□: 10:01 min/km

□□□□□/□□□: 64 (of 108)

□□□□□/□: 58 (of 98)

□□□□□□: 17:27:33

□□□□□: 11(of 15)

□□□□□□□: 17:27:33

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Hörselberg	42.50	5:05:38	7:11	9	1:09:51	46	1:09:51	42.50	5:05:38	7:11	16	1:09:51	94	1:09:51	
Sontra	27.50	4:53:32	10:40	7	1:28:39	45	1:50:30	70.00	9:59:10	8:33	16	2:38:30	91	2:38:30	
Glasbachwiese	17.00	2:55:00	10:17	7	40:36	35	1:02:08	87.00	12:54:10	8:53	16	3:19:06	89	3:19:06	
Gensberg/Brotte	13.00	2:59:51	13:50	14	1:13:54	71	1:13:54	100.00	15:54:01	9:32	16	4:33:00	80	4:33:00	
Floh-Seligenthal	14.00	2:14:59	9:38	14	1:09:45	76	1:09:45	114.00	18:09:00	9:33	15	5:42:45	78	5:42:45	
Finsterbergen	22.00	4:02:51	11:02	9	1:31:31	50	1:31:31	136.00	22:11:51	9:47	15	7:14:16	73	7:14:16	
Prefinish	23.50	4:30:31	11:30	11	2:01:45	62	2:01:45	159.50	26:42:22	10:02	14	9:16:01	71	9:16:01	
Fröttstädt	0.50	1:31	3:01	8	0:22	23	0:25	160.00	26:43:53	10:01	11	9:16:20	58	9:16:20	