



10. Thüringen ULTRA
Fröttstädt / 02.07.2016

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Woitynek, Martin

00: LG Nord Berlin Ultrateam
00: 1046

00: 160.00 km
100 Meilen

0000:
Senioren M40 (40-44 Jahre)

000: 25:18:32

00: 6.32 km/h
0000: 9:29 min/km

00000/0000: 51 (of 108)

00000/0: 48 (of 98)

000000: 17:27:33

00000: 5(of 8)

0000000: 19:56:21

0000

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000

| 000 | 00 km | 00 00 | 00 min/km | 00 - | 00 - | 00 0 | 00 0 | 000 | 000 00 | 000 min/km | 00 - | 00 - | 00 0 | 00 0 |
|------------------|----------|----------|--------------|---------|---------|---------|---------|--------|-----------|---------------|---------|---------|---------|---------|
| Hörselberg | 42.50 | 4:46:37 | 6:44 | 5 | 28:24 | 33 | 50:50 | 42.50 | 4:46:37 | 6:44 | 9 | 28:24 | 94 | 50:50 |
| Sontra | 27.50 | 4:37:12 | 10:04 | 4 | 40:43 | 28 | 1:34:10 | 70.00 | 9:23:49 | 8:03 | 9 | 1:09:07 | 91 | 2:03:09 |
| Glasbachwiese | 17.00 | 3:01:55 | 10:42 | 4 | 39:14 | 46 | 1:09:03 | 87.00 | 12:25:44 | 8:34 | 9 | 1:48:21 | 89 | 2:50:40 |
| Gensberg/Brotte | 13.00 | 2:50:44 | 13:07 | 7 | 43:40 | 66 | 1:04:47 | 100.00 | 15:16:28 | 9:09 | 8 | 2:32:01 | 80 | 3:55:27 |
| Floh-Seligenthal | 14.00 | 1:40:12 | 7:09 | 6 | 20:51 | 53 | 34:58 | 114.00 | 16:56:40 | 8:55 | 8 | 2:51:33 | 78 | 4:30:25 |
| Finsterbergen | 22.00 | 3:57:57 | 10:48 | 5 | 59:45 | 48 | 1:26:37 | 136.00 | 20:54:37 | 9:13 | 7 | 3:51:18 | 73 | 5:57:02 |
| Prefinish | 23.50 | 4:21:04 | 11:06 | 5 | 1:29:08 | 57 | 1:52:18 | 159.50 | 25:15:41 | 9:30 | 7 | 5:20:26 | 71 | 7:49:20 |
| Fröttstädt | 0.50 | 2:51 | 5:42 | 6 | 1:45 | 69 | 1:45 | 160.00 | 25:18:32 | 9:29 | 5 | 5:22:11 | 48 | 7:50:59 |