



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

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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