



10. Thüringen ULTRA

Fröttstädt / 02.07.2016

0000

Fischer, Michael

00: DUV Uerdingen

00: 1066

00: 160.00 km

100 Meilen

0000:

Senioren M50 (50-54 Jahre)

000: 29:27:41

00: 5.43 km/h

0000: 11:03 min/km

00000/000: 76 (of 108)

00000/0: 69 (of 98)

000000: 17:27:33

00000: 19(of 30)

0000000: 20:42:51

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Hörselberg	42.50	7:01:30	9:55	26	3:05:43	89	3:05:43	42.50	7:01:30	9:55	28	3:05:43	94	3:05:43
Sontra	27.50	5:43:09	12:28	19	2:06:53	76	2:40:07	70.00	12:44:39	10:55	26	5:12:36	91	5:23:59
Glasbachwiese	17.00	3:04:21	10:50	11	40:35	49	1:11:29	87.00	15:49:00	10:54	26	5:34:46	89	6:13:56
Gensberg/Brotte	13.00	2:41:01	12:23	15	40:06	57	55:04	100.00	18:30:01	11:06	22	5:17:23	80	7:09:00
Floh-Seligenthal	14.00	2:06:38	9:02	20	46:59	75	1:01:24	114.00	20:36:39	10:50	22	6:02:33	78	8:10:24
Finsterbergen	22.00	4:23:40	11:59	17	1:22:26	66	1:52:20	136.00	25:00:19	11:01	20	7:24:59	73	10:02:44
Prefinish	23.50	4:25:12	11:17	17	1:23:00	59	1:56:26	159.50	29:25:31	11:04	20	8:44:07	71	11:59:10
Fröttstädt	0.50	2:10	4:19	15	0:52	59	1:04	160.00	29:27:41	11:02	19	8:44:50	69	12:00:08