



10. Thüringen ULTRA

Fröttstädt / 02.07.2016

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Przewloka, Michael

□□: Cats&Grizzlies
 □□: 1058

□□: 160.00 km
 100 Meilen

□□□□:
 Senioren M45 (45-49 Jahre)

□□□: 26:32:19

□□: 6.03 km/h
 □□□□: 9:57 min/km

□□□□□/□□□: 63 (of 108)

□□□□□/□: 57 (of 98)

□□□□□□: 17:27:33

□□□□□: 10(of 15)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Hörselberg	42.50	4:31:16	6:22	4	35:29	16	35:29	42.50	4:31:16	6:22	16	35:29	94	35:29	
Sontra	27.50	5:05:33	11:06	10	1:40:40	62	2:02:31	70.00	9:36:49	8:14	16	2:16:09	91	2:16:09	
Glasbachwiese	17.00	3:26:00	12:07	14	1:11:36	73	1:33:08	87.00	13:02:49	8:59	16	3:27:45	89	3:27:45	
Gensberg/Brotte	13.00	2:56:35	13:35	13	1:10:38	70	1:10:38	100.00	15:59:24	9:35	16	4:38:23	80	4:38:23	
Floh-Seligenthal	14.00	1:58:26	8:27	12	53:12	69	53:12	114.00	17:57:50	9:27	15	5:31:35	78	5:31:35	
Finsterbergen	22.00	4:05:21	11:09	11	1:34:01	54	1:34:01	136.00	22:03:11	9:43	15	7:05:36	73	7:05:36	
Prefinish	23.50	4:27:04	11:21	10	1:58:18	61	1:58:18	159.50	26:30:15	9:58	14	9:03:54	71	9:03:54	
Fröttstädt	0.50	2:04	4:08	11	0:55	57	0:58	160.00	26:32:19	9:57	10	9:04:46	57	9:04:46	