



10. Thüringen ULTRA
Fröttstädt / 02.07.2016

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Hoffmann, Jens

□□: Roda Harrier

□□: 1104

□□: 160.00 km

100 Meilen

□□□□:

Senioren M45 (45-49 Jahre)

□□□: 28:31:55

□□: 5.61 km/h

□□□□: 10:42 min/km

□□□□□/□□□: 74 (of 108)

□□□□□/□: 67 (of 98)

□□□□□□: 17:27:33

□□□□□: 13(of 15)

□□□□□□□: 17:27:33

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Hörselberg	42.50	5:47:52	8:11	14	1:52:05	79	1:52:05	42.50	5:47:52	8:11	16	1:52:05	94	1:52:05
Sontra	27.50	5:32:43	12:05	13	2:07:50	71	2:29:41	70.00	11:20:35	9:43	16	3:59:55	91	3:59:55
Glasbachwiese	17.00	3:23:54	11:59	13	1:09:30	71	1:31:02	87.00	14:44:29	10:09	16	5:09:25	89	5:09:25
Gensberg/Brotte	13.00	3:06:53	14:22	15	1:20:56	76	1:20:56	100.00	17:51:22	10:42	16	6:30:21	80	6:30:21
Floh-Seligenthal	14.00	1:51:16	7:56	10	46:02	65	46:02	114.00	19:42:38	10:22	15	7:16:23	78	7:16:23
Finsterbergen	22.00	4:15:10	11:35	13	1:43:50	61	1:43:50	136.00	23:57:48	10:34	15	9:00:13	73	9:00:13
Prefinish	23.50	4:32:03	11:34	12	2:03:17	63	2:03:17	159.50	28:29:51	10:43	14	11:03:30	71	11:03:30
Fröttstädt	0.50	2:04	4:08	11	0:55	57	0:58	160.00	28:31:55	10:41	13	11:04:22	67	11:04:22