



10. Thüringen ULTRA

Fröttstädt / 02.07.2016

□□□□

Gähler, Marek

□□: FuHuK 100 km Erzgebirge

□□: 1099

□□: 160.00 km

100 Meilen

□□□□:

Senioren M35 (35-39 Jahre)

□□□: 25:32:51

□□: 6.26 km/h

□□□□: 9:35 min/km

□□□□□/□□□□: 55 (of 108)

□□□□□/□: 51 (of 98)

□□□□□□: 17:27:33

□□□□□: 5(of 11)

□□□□□□□: 20:25:30

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Hörselberg	42.50	5:25:17	7:39	7	1:06:52	68	1:29:30	42.50	5:25:17	7:39	10	1:06:52	94	1:29:30
Sontra	27.50	5:02:19	10:59	6	1:59:17	60	1:59:17	70.00	10:27:36	8:57	10	2:31:43	91	3:06:56
Glasbachwiese	17.00	2:56:27	10:22	5	29:57	37	1:03:35	87.00	13:24:03	9:14	11	2:48:38	89	3:48:59
Gensberg/Brotte	13.00	2:43:32	12:34	7	40:33	58	57:35	100.00	16:07:35	9:40	9	3:29:11	80	4:46:34
Floh-Seligenthal	14.00	1:47:45	7:41	7	26:23	60	42:31	114.00	17:55:20	9:25	8	3:50:53	78	5:29:05
Finsterbergen	22.00	3:50:54	10:29	5	47:26	42	1:19:34	136.00	21:46:14	9:36	7	4:24:36	73	6:48:39
Prefinish	23.50	3:44:58	9:34	4	46:10	39	1:16:12	159.50	25:31:12	9:35	7	5:06:57	71	8:04:51
Fröttstädt	0.50	1:39	3:17	3	0:24	32	0:33	160.00	25:32:51	9:34	5	5:07:21	51	8:05:18