



# 10. Thüringen ULTRA

Fröttstädt / 02.07.2016

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Heß, Torsten

00: LG Rippershausen

00: 157

00: 100.20 km

100 Kilometer

0000:

Senioren M45 (45-49 Jahre)

000: 9:49:30

00: 10.18 km/h

0000: 5:53 min/km

00000/000: 6 (of 216)

00000/0: 6 (of 181)

000000: 8:48:12

00000: 1(of 43)

0000000: 9:49:30

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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
Glasbachwiese	27.00	2:38:03	5:51	3	1:07	10	12:51	27.00	2:38:03	5:51	3	1:07	10	12:51
Floh-Seligenthal	27.00	2:33:14	5:40	1	-	6	12:14	54.00	5:11:17	5:45	1	-	7	25:05
Finsterbergen	22.00	2:22:21	6:28	2	8:37	7	22:19	76.00	7:33:38	5:58	1	-	6	44:32
Prefinish	23.70	2:14:44	5:41	3	3:38	7	16:41	99.70	9:48:22	5:54	1	-	6	1:01:13
Fröttstädt	0.50	1:08	2:15	2	0:05	5	0:09	100.20	9:49:30	5:52	1	-	6	1:01:18