



10. Thüringen ULTRA  
Fröttstädt / 02.07.2016

□□□□

Kopp, Helmut

□□: Ruthis Runners

□□: 231

□□: 100.20 km

100 Kilometer

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 10:48:42

□□: 9.25 km/h

□□□□: 6:28 min/km

□□□□□/□□□: 24 (of 216)

□□□□□/□: 21 (of 181)

□□□□□□: 8:48:12

□□□□□: 2(of 38)

□□□□□□□: 10:23:21

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Glasbachwiese	27.00	2:58:23	6:36	5	8:59	37	33:11	27.00	2:58:23	6:36	5	8:59	36	33:11
Floh-Seligenthal	27.00	2:53:04	6:24	2	5:55	24	32:04	54.00	5:51:27	6:30	2	14:54	27	1:05:15
Finsterbergen	22.00	2:36:27	7:06	3	5:18	27	36:25	76.00	8:27:54	6:40	3	19:58	29	1:38:48
Prefinish	23.70	2:19:32	5:53	2	5:22	11	21:29	99.70	10:47:26	6:29	2	25:20	20	2:00:17
Fröttstädt	0.50	1:16	2:31	7	0:04	31	0:17	100.20	10:48:42	6:28	2	25:21	21	2:00:30