



10. Thüringen ULTRA

Fröttstädt / 02.07.2016

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Blaue, Matthias

00: LG Rudelsburg Bad Kösen
00: 132

00: 100.20 km
100 Kilometer

0000:
Senioren M40 (40-44 Jahre)

000: 11:03:45

00: 9.04 km/h
0000: 6:37 min/km

00000/000: 31 (of 216)

00000/0: 28 (of 181)

000000: 8:48:12

00000: 4(of 22)

0000000: 9:37:00

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Glasbachwiese	27.00	3:18:46	7:21	12	52:09	85	53:34	27.00	3:18:46	7:21	12	52:09	84	53:34
Floh-Seligenthal	27.00	2:57:26	6:34	7	28:40	35	36:26	54.00	6:16:12	6:58	9	1:08:05	51	1:30:00
Finsterbergen	22.00	2:28:34	6:45	3	16:31	12	28:32	76.00	8:44:46	6:54	9	1:24:36	38	1:55:40
Prefinish	23.70	2:17:45	5:48	2	2:11	10	19:42	99.70	11:02:31	6:38	4	1:26:47	27	2:15:22
Fröttstädt	0.50	1:14	2:28	2	0:06	22	0:15	100.20	11:03:45	6:37	4	1:26:45	28	2:15:33