



10. Thüringen ULTRA  
Fröttstädt / 02.07.2016

0000

Fanslau, Thomas

00: Berlin

00: 51

00: 100.20 km

100 Kilometer

0000:

Senioren M45 (45-49 Jahre)

000: 11:07:59

00: 8.98 km/h

0000: 6:40 min/km

00000/000: 32 (of 216)

00000/0: 29 (of 181)

000000: 8:48:12

00000: 9(of 43)

0000000: 9:49:30

0000

0000

000

| 000              | 00<br>km | 00<br>00 | 00<br>min/km | 00<br>- | 00<br>- | 00<br>0 | 00<br>0 | 000<br>km | 000<br>00 | 000<br>min/km | 00<br>- | 00<br>- | 00<br>0 | 00<br>0 |
|------------------|----------|----------|--------------|---------|---------|---------|---------|-----------|-----------|---------------|---------|---------|---------|---------|
| Glasbachwiese    | 27.00    | 2:53:22  | 6:25         | 8       | 16:26   | 29      | 28:10   | 27.00     | 2:53:22   | 6:25          | 8       | 16:26   | 28      | 28:10   |
| Floh-Seligenthal | 27.00    | 2:51:58  | 6:22         | 8       | 18:44   | 23      | 30:58   | 54.00     | 5:45:20   | 6:23          | 8       | 34:03   | 25      | 59:08   |
| Finsterbergen    | 22.00    | 2:41:09  | 7:19         | 8       | 27:25   | 35      | 41:07   | 76.00     | 8:26:29   | 6:39          | 9       | 52:51   | 26      | 1:37:23 |
| Prefinish        | 23.70    | 2:40:18  | 6:45         | 9       | 29:12   | 36      | 42:15   | 99.70     | 11:06:47  | 6:41          | 9       | 1:18:25 | 28      | 2:19:38 |
| Fröttstädt       | 0.50     | 1:12     | 2:23         | 7       | 0:09    | 14      | 0:13    | 100.20    | 11:07:59  | 6:39          | 9       | 1:18:29 | 29      | 2:19:47 |