



10. Thüringen ULTRA

Fröttstädt / 02.07.2016

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Flock, Peter

□□: Lauffeuer Fröttstädt
 □□: 1068

□□: 160.00 km
 100 Meilen

□□□□:
 Senioren M45 (45-49 Jahre)

□□□: 17:27:33

□□: 9.16 km/h
 □□□□: 6:33 min/km

□□□□□/□□□□: 1 (of 108)

□□□□□/□: 1 (of 98)

□□□□□□: 17:27:33

□□□□□: 1(of 15)

□□□□□□□: 17:27:33

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|------------------|----------|----------|--------------|---------|---------|---------|---------|--------|-----------|-----------|---------------|---------|---------|---------|---------|
| Hörselberg | 42.50 | 3:55:47 | 5:32 | 1 | - | 1 | - | 42.50 | 3:55:47 | 5:32 | 1 | - | 1 | - | |
| Sontra | 27.50 | 3:24:53 | 7:27 | 1 | - | 2 | 21:51 | 70.00 | 7:20:40 | 6:17 | 1 | - | 1 | - | |
| Glasbachwiese | 17.00 | 2:14:24 | 7:54 | 1 | - | 2 | 21:32 | 87.00 | 9:35:04 | 6:36 | 1 | - | 1 | - | |
| Gensberg/Brotte | 13.00 | 1:45:57 | 8:09 | 1 | - | 1 | - | 100.00 | 11:21:01 | 6:48 | 1 | - | 1 | - | |
| Floh-Seligenthal | 14.00 | 1:05:14 | 4:39 | 1 | - | 1 | - | 114.00 | 12:26:15 | 6:32 | 1 | - | 1 | - | |
| Finsterbergen | 22.00 | 2:31:20 | 6:52 | 1 | - | 1 | - | 136.00 | 14:57:35 | 6:35 | 1 | - | 1 | - | |
| Prefinish | 23.50 | 2:28:46 | 6:19 | 1 | - | 1 | - | 159.50 | 17:26:21 | 6:33 | 1 | - | 1 | - | |
| Fröttstädt | 0.50 | 1:12 | 2:23 | 2 | 0:03 | 3 | 0:06 | 160.00 | 17:27:33 | 6:32 | 1 | - | 1 | - | |