



10. Thüringen ULTRA

Fröttstädt / 02.07.2016

0000

Raphael, Jesse

00: Trainingslager

00: 199

00: 100.20 km

100 Kilometer

0000:

Senioren M40 (40-44 Jahre)

000: 11:33:38

00: 8.65 km/h

0000: 6:55 min/km

00000/000: 43 (of 216)

00000/0: 40 (of 181)

000000: 8:48:12

00000: 9(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 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Glasbachwiese	27.00	2:56:33	6:32	6	29:56	33	31:21	27.00	2:56:33	6:32	6	29:56	32	31:21
Floh-Seligenthal	27.00	2:57:45	6:34	8	28:59	36	36:45	54.00	5:54:18	6:33	6	46:11	32	1:08:06
Finsterbergen	22.00	2:47:48	7:37	10	35:45	47	47:46	76.00	8:42:06	6:52	7	1:21:56	36	1:53:00
Prefinish	23.70	2:50:13	7:10	10	34:39	51	52:10	99.70	11:32:19	6:56	9	1:56:35	39	2:45:10
Fröttstädt	0.50	1:19	2:38	9	0:11	45	0:20	100.20	11:33:38	6:55	9	1:56:38	40	2:45:26