



10. Thüringen ULTRA

Fröttstädt / 02.07.2016

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Piotrowski, Axel

□□: LG Havelblitze

□□: 1106

□□: 160.00 km

100 Meilen

□□□□:

Senioren M55 (55-59 Jahre)

□□□: 20:52:02

□□: 7.67 km/h

□□□□: 7:50 min/km

□□□□□/□□□□: 9 (of 108)

□□□□□/□: 9 (of 98)

□□□□□□: 17:27:33

□□□□□: 1(of 15)

□□□□□□□: 20:52:02

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Hörselberg	42.50	4:40:15	6:35	4	12:52	24	44:28	42.50	4:40:15	6:35	16	12:52	94	44:28
Sontra	27.50	4:15:23	9:17	1	-	14	1:12:21	70.00	8:55:38	7:39	16	0:39	91	1:34:58
Glasbachwiese	17.00	2:27:58	8:42	2	35:06	8	35:06	87.00	11:23:36	7:51	1	-	89	1:48:32
Gensberg/Brotte	13.00	2:03:33	9:30	1	-	6	17:36	100.00	13:27:09	8:04	1	-	80	2:06:08
Floh-Seligenthal	14.00	1:17:37	5:32	1	-	5	12:23	114.00	14:44:46	7:45	1	-	78	2:18:31
Finsterbergen	22.00	2:58:43	8:07	1	-	7	27:23	136.00	17:43:29	7:49	1	-	73	2:45:54
Prefinish	23.50	3:07:05	7:57	1	-	15	38:19	159.50	20:50:34	7:50	1	-	71	3:24:13
Fröttstädt	0.50	1:28	2:55	3	0:12	17	0:22	160.00	20:52:02	7:49	1	-	9	3:24:29