



10. Thüringen ULTRA
Fröttstädt / 02.07.2016

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Meikstat, Gunnar

□□: Multisport LOS

□□: 1035

□□: 160.00 km

100 Meilen

□□□□:

Senioren M35 (35-39 Jahre)

□□□: 22:05:53

□□: 7.24 km/h

□□□□: 8:17 min/km

□□□□□/□□□□: 14 (of 108)

□□□□□/□: 13 (of 98)

□□□□□□: 17:27:33

□□□□□: 3(of 11)

□□□□□□□: 20:25:30

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□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|------------------|----------|----------|--------------|---------|---------|---------|---------|--------|-----------|-----------|---------------|---------|---------|---------|---------|
| Hörselberg | 42.50 | 5:02:54 | 7:07 | 6 | 44:29 | 45 | 1:07:07 | 42.50 | 5:02:54 | 7:07 | 10 | 44:29 | 94 | 1:07:07 | |
| Sontra | 27.50 | 4:54:24 | 10:42 | 5 | 1:51:22 | 47 | 1:51:22 | 70.00 | 9:57:18 | 8:31 | 10 | 2:01:25 | 91 | 2:36:38 | |
| Glasbachwiese | 17.00 | 2:26:30 | 8:37 | 1 | - | 7 | 33:38 | 87.00 | 12:23:48 | 8:32 | 11 | 1:48:23 | 89 | 2:48:44 | |
| Gensberg/Brotte | 13.00 | 2:08:25 | 9:52 | 2 | 5:26 | 9 | 22:28 | 100.00 | 14:32:13 | 8:43 | 9 | 1:53:49 | 80 | 3:11:12 | |
| Floh-Seligenthal | 14.00 | 1:29:42 | 6:24 | 4 | 8:20 | 25 | 24:28 | 114.00 | 16:01:55 | 8:26 | 8 | 1:57:28 | 78 | 3:35:40 | |
| Finsterbergen | 22.00 | 3:03:28 | 8:20 | 1 | - | 10 | 32:08 | 136.00 | 19:05:23 | 8:25 | 7 | 1:43:45 | 73 | 4:07:48 | |
| Prefinish | 23.50 | 2:58:51 | 7:36 | 2 | 0:03 | 10 | 30:05 | 159.50 | 22:04:14 | 8:18 | 7 | 1:39:59 | 71 | 4:37:53 | |
| Fröttstädt | 0.50 | 1:39 | 3:17 | 3 | 0:24 | 32 | 0:33 | 160.00 | 22:05:53 | 8:17 | 3 | 1:40:23 | 13 | 4:38:20 | |