



10. Thüringen ULTRA  
Fröttstädt / 02.07.2016

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Schmidt, Swen

□□: Straßberg

□□: 178

□□: 100.20 km

100 Kilometer

□□□□:

Senioren M35 (35-39 Jahre)

□□□: 12:10:13

□□: 8.22 km/h

□□□□: 7:17 min/km

□□□□□/□□□: 58 (of 216)

□□□□□/□: 52 (of 181)

□□□□□□: 8:48:12

□□□□□: 7(of 18)

□□□□□□□: 8:48:12

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| □□□              | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□    | □□□      | □□□  | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|------------------|----------|----------|--------------|---------|---------|---------|---------|--------|----------|------|---------|---------|---------|---------|
| Glasbachwiese    | 27.00    | 3:08:04  | 6:57         | 8       | 42:52   | 55      | 42:52   | 27.00  | 3:08:04  | 6:57 | 7       | 42:52   | 54      | 42:52   |
| Floh-Seligenthal | 27.00    | 3:11:10  | 7:04         | 8       | 50:10   | 54      | 50:10   | 54.00  | 6:19:14  | 7:01 | 7       | 1:33:02 | 54      | 1:33:02 |
| Finsterbergen    | 22.00    | 2:55:02  | 7:57         | 8       | 55:00   | 60      | 55:00   | 76.00  | 9:14:16  | 7:17 | 7       | 2:25:10 | 52      | 2:25:10 |
| Prefinish        | 23.70    | 2:54:31  | 7:21         | 8       | 56:28   | 60      | 56:28   | 99.70  | 12:08:47 | 7:18 | 6       | 3:21:38 | 51      | 3:21:38 |
| Fröttstädt       | 0.50     | 1:26     | 2:52         | 11      | 0:23    | 70      | 0:27    | 100.20 | 12:10:13 | 7:17 | 7       | 3:22:01 | 52      | 3:22:01 |