



12. thüringenULTRA
Fröttstädt / 07.07.2018

0000

Zietlow, Hans-Uwe

00: SiebzigPlus

00: 46

00: 100.22 km

100 Kilometer

0000:

Senioren M70 (70-74 Jahre)

000: 16:10:19

00: 6.20 km/h

0000: 9:41 min/km

00000/000: 212 (of 248)

00000/0: 174 (of 203)

000000: 8:37:32

00000: 1(of 1)

0000000: 16:10:19

0000

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Glasbachwiese	27.39	3:50:47	8:25	1	-	164	1:23:18	27.39	3:50:47	8:25	1	-	164	1:23:18	
Floh-Seligenthal	27.74	4:11:21	9:03	1	-	167	1:39:58	55.13	8:02:08	8:44	1	-	186	3:24:47	
Finsterbergen	22.03	4:02:22	11:00	1	-	180	2:03:23	77.16	12:04:30	9:23	1	-	186	5:26:55	
Fröttstädt	23.06	4:05:49	10:39	1	-	166	2:05:52	100.22	16:10:19	9:40	1	-	174	7:32:47	