



12. thüringenULTRA  
Fröttstädt / 07.07.2018

0000

Werner, Karsten

00: Oberursel

00: 63

00: 100.22 km

100 Kilometer

0000:

Senioren M30 (30-34 Jahre)

000: 10:49:30

00: 9.24 km/h

0000: 6:29 min/km

00000/000: 25 (of 248)

00000/0: 23 (of 203)

000000: 8:37:32

00000: 3(of 7)

0000000: 10:08:54

0000

0000

000

| 000              | 00<br>km | 00<br>00 | 00<br>min/km | 00<br>- | 00<br>- | 00<br>0 | 00<br>0 | 000<br>km | 000<br>00 | 000<br>min/km | 00<br>- | 00<br>- | 00<br>0 | 00<br>0 |
|------------------|----------|----------|--------------|---------|---------|---------|---------|-----------|-----------|---------------|---------|---------|---------|---------|
| Glasbachwiese    | 27.39    | 2:50:59  | 6:14         | 3       | 6:46    | 26      | 23:30   | 27.39     | 2:50:59   | 6:14          | 3       | 6:46    | 26      | 23:30   |
| Floh-Seligenthal | 27.74    | 2:52:55  | 6:14         | 2       | 3:55    | 19      | 21:32   | 55.13     | 5:43:54   | 6:14          | 4       | 34:23   | 37      | 1:06:33 |
| Finsterbergen    | 22.03    | 2:29:10  | 6:46         | 2       | 7:56    | 18      | 30:11   | 77.16     | 8:13:04   | 6:23          | 3       | 33:35   | 24      | 1:35:29 |
| Fröttstädt       | 23.06    | 2:36:26  | 6:47         | 3       | 16:18   | 20      | 36:29   | 100.22    | 10:49:30  | 6:28          | 3       | 40:36   | 23      | 2:11:58 |