



13. thüringenULTRA  
Fröttstädt / 06.07.2019

0000

Porstner, Thomas

00: GMRLV

00: 15

00: 100.22 km

100 Kilometer

0000:

Senioren M55 (55-59 Jahre)

000: 15:48:44

00: 6.32 km/h

0000: 9:28 min/km

00000/000: 198 (of 246)

00000/0: 170 (of 211)

000000: 8:32:51

00000: 37(of 45)

0000000: 10:21:20

0000

0000

000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000	000	00 -	00 -	00 0	00 0
Glasbachwiese	27.39	3:42:38	8:07	31	1:10:32	163	1:20:52	27.39	3:42:38	8:07	31	1:10:32	163	1:20:52
Floh-Seligenthal	27.74	3:59:09	8:37	36	1:17:15	169	1:36:56	55.13	7:41:47	8:22	36	2:25:45	172	3:14:26
Finsterbergen	22.03	3:55:11	10:40	34	1:24:30	166	1:57:44	77.16	11:36:58	9:01	35	3:50:15	170	5:07:58
Fröttstädt	23.06	4:11:46	10:55	33	1:37:09	162	2:13:39	100.22	15:48:44	9:27	37	5:27:24	170	7:15:53