



13. thüringenULTRA  
Fröttstädt / 06.07.2019

0000

Okroy, Robert

00: Braunschweig

00: 186

00: 100.22 km

100 Kilometer

0000:

Senioren M45 (45-49 Jahre)

000: 17:27:17

00: 5.73 km/h

0000: 10:27 min/km

00000/000: 224 (of 246)

00000/0: 193 (of 211)

000000: 8:32:51

00000: 36(of 38)

0000000: 10:14:12

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Glasbachwiese	27.39	4:44:13	10:22	38	2:06:39	206	2:22:27	27.39	4:44:13	10:22	38	2:06:39	206	2:22:27
Floh-Seligenthal	27.74	4:43:57	10:14	37	2:09:05	199	2:21:44	55.13	9:28:10	10:18	37	4:15:32	202	5:00:49
Finsterbergen	22.03	4:01:27	10:57	32	1:35:37	174	2:04:00	77.16	13:29:37	10:29	37	5:51:09	199	7:00:37
Fröttstädt	23.06	3:57:40	10:18	26	1:21:56	143	1:59:33	100.22	17:27:17	10:26	36	7:13:05	193	8:54:26