



13. thüringenULTRA  
Fröttstädt / 06.07.2019

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Morlock, Martin

□□: VK Berlin

□□: 219

□□: 100.22 km

100 Kilometer

□□□□:

Senioren M50 (50-54 Jahre)

□□□: 12:32:45

□□: 7.97 km/h

□□□□: 7:31 min/km

□□□□□/□□□: 74 (of 246)

□□□□□/□: 70 (of 211)

□□□□□□: 8:32:51

□□□□□: 11(of 43)

□□□□□□□: 10:38:25

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□□□□

□□□

| □□□              | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□    | □□□      | □□□  | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|------------------|----------|----------|--------------|---------|---------|---------|---------|--------|----------|------|---------|---------|---------|---------|
| Glasbachwiese    | 27.39    | 3:13:54  | 7:04         | 13      | 37:16   | 88      | 52:08   | 27.39  | 3:13:54  | 7:04 | 13      | 37:16   | 88      | 52:08   |
| Floh-Seligenthal | 27.74    | 3:15:34  | 7:02         | 13      | 31:55   | 88      | 53:21   | 55.13  | 6:29:28  | 7:03 | 14      | 1:09:11 | 90      | 2:02:07 |
| Finsterbergen    | 22.03    | 2:57:59  | 8:04         | 12      | 24:25   | 64      | 1:00:32 | 77.16  | 9:27:27  | 7:21 | 12      | 1:26:50 | 82      | 2:58:27 |
| Fröttstädt       | 23.06    | 3:05:18  | 8:02         | 7       | 28:03   | 56      | 1:07:11 | 100.22 | 12:32:45 | 7:30 | 11      | 1:54:20 | 70      | 3:59:54 |