



15. Thüringen ULTRA

Fröttstädt / 30.06.2023-01.07.2023

0000

Dirk Unger

00: Laufjunkte

00: 33

00: 100.00 km

100 Kilometer

0000:

Senioren M40 (40-44)

000: 14:32:31

00: 6.88 km/h

0000: 8:43 min/km

00000/000: 109 (of 153)

00000/0: 87 (of 118)

000000: 8:41:00

00000: 10(of 11)

0000000: 9:33:13

0000

0000

000

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	27.00	3:34:44	7:57	10	1:05:36	90	1:22:55	27.00	3:34:44	7:57	10	1:05:36	90	1:22:55	
Floh-Seligenthal	27.00	3:28:20	7:42	9	56:28	72	1:10:48	54.00	7:03:04	7:50	9	2:00:42	83	2:33:43	
Finsterbergen	22.00	3:35:05	9:46	9	1:22:03	81	1:33:54	76.00	10:38:09	8:23	9	3:22:45	80	4:07:37	
Fröttstädt	24.00	3:54:22	9:45	9	1:37:23	92	3:54:22	100.00	14:32:31	8:43	10	4:59:18	87	5:51:31	