



15. Thüringen ULTRA
Fröttstädt / 30.06.2023-01.07.2023

□□□□

Michael Rauch

□□: Lokomotive Wendelstein

□□: 29

□□: 100.00 km

100 Kilometer

□□□□:

Senioren M45 (45-49)

□□□: 11:56:24

□□: 8.38 km/h

□□□□: 7:09 min/km

□□□□□/□□□: 28 (of 153)

□□□□□/□: 25 (of 118)

□□□□□□: 8:41:00

□□□□□: 8(of 19)

□□□□□□□: 8:41:00

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Glasbachwiese	27.00	3:13:50	7:10	11	1:02:01	50	1:02:01	27.00	3:13:50	7:10	11	1:02:01	50	1:02:01	
Floh-Seligenthal	27.00	3:10:04	7:02	9	52:32	37	52:32	54.00	6:23:54	7:06	11	1:54:33	43	1:54:33	
Finsterbergen	22.00	2:46:45	7:34	8	45:34	23	45:34	76.00	9:10:39	7:14	9	2:40:07	34	2:40:07	
Fröttstädt	24.00	2:45:45	6:54	6	39:04	18	2:45:45	100.00	11:56:24	7:09	8	3:15:24	25	3:15:24	