



15. Thüringen ULTRA  
Fröttstädt / 30.06.2023-01.07.2023

□□□□

Alexander Ruske

□□: Nonviolent Mobility

□□: 37

□□: 100.00 km

100 Kilometer

□□□□:

Senioren M45 (45-49)

□□□: 11:58:20

□□: 8.35 km/h

□□□□: 7:11 min/km

□□□□□/□□□: 30 (of 153)

□□□□□/□: 27 (of 118)

□□□□□□: 8:41:00

□□□□□: 9(of 19)

□□□□□□□: 8:41:00

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Glasbachwiese	27.00	3:05:47	6:52	9	53:58	37	53:58	27.00	3:05:47	6:52	9	53:58	37	53:58	
Floh-Seligenthal	27.00	3:01:43	6:43	8	44:11	27	44:11	54.00	6:07:30	6:48	8	1:38:09	28	1:38:09	
Finsterbergen	22.00	3:03:39	8:20	12	1:02:28	45	1:02:28	76.00	9:11:09	7:15	10	2:40:37	35	2:40:37	
Fröttstädt	24.00	2:47:11	6:57	7	40:30	20	2:47:11	100.00	11:58:20	7:11	9	3:17:20	27	3:17:20	