



15. Thüringen ULTRA
Fröttstädt / 30.06.2023-01.07.2023

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Daniel Derstappen

□□: Goitzsche-Sport e.V.

□□: 165

□□: 100.00 km

100 Kilometer

□□□□:

Senioren M45 (45-49)

□□□: 12:20:18

□□: 8.10 km/h

□□□□: 7:24 min/km

□□□□□/□□□: 39 (of 153)

□□□□□/□: 33 (of 118)

□□□□□□: 8:41:00

□□□□□: 11(of 19)

□□□□□□□: 8:41:00

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Glasbachwiese	27.00	3:17:31	7:18	14	1:05:42	64	1:05:42	27.00	3:17:31	7:18	14	1:05:42	64	1:05:42
Floh-Seligenthal	27.00	3:11:11	7:04	10	53:39	38	53:39	54.00	6:28:42	7:11	12	1:59:21	45	1:59:21
Finsterbergen	22.00	2:49:52	7:43	9	48:41	26	48:41	76.00	9:18:34	7:20	11	2:48:02	40	2:48:02
Fröttstädt	24.00	3:01:44	7:34	11	55:03	34	3:01:44	100.00	12:20:18	7:24	11	3:39:18	33	3:39:18