



15. Thüringen ULTRA
Fröttstädt / 30.06.2023-01.07.2023

0000

Matthias Giez

00: 162

00: 100.00 km
100 Kilometer

0000:
Senioren M55 (55-59)

000: 11:50:22

00: 8.45 km/h
0000: 7:06 min/km

00000/000: 25 (of 153)

00000/0: 23 (of 118)

000000: 8:41:00

00000: 1(of 17)

0000000: 11:50:22

0000

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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	3:05:16	6:51	5	7:37	36	53:27	27.00	3:05:16	6:51	5	7:37	36	53:27	
Floh-Seligenthal	27.00	3:06:12	6:53	2	5:05	33	48:40	54.00	6:11:28	6:52	1	-	31	1:42:07	
Finsterbergen	22.00	2:43:37	7:26	1	-	20	42:26	76.00	8:55:05	7:02	1	-	26	2:24:33	
Fröttstädt	24.00	2:55:17	7:18	2	2:30	27	2:55:17	100.00	11:50:22	7:06	1	-	23	3:09:22	