## 15. Thüringen ULTRA Fröttstädt / 30.06.2023-01.07.2023



Ralf Lohrke

□□: 7.90 km/h
□□: 118 □□□: 7:35 min/km

□: 100.00 km □□□□/□□: 53 (of 153)

□□□: 5(of 17)
Senioren M55 (55-59) □□□□□: 11:50:22

	km		min/km	-	-			km		min/km	-	-		
Glasbachwiese	27.00	3:03:31	6:47	3	5:52	34	51:42	27.00	3:03:31	6:47	3	5:52	34	51:42
Floh-Seligenthal	27.00	3:08:09	6:58	3	7:02	36	50:37	54.00	6:11:40	6:52	2	0:12	32	1:42:19
Finsterbergen	22.00	3:00:32	8:12	3	16:55	40	59:21	76.00	9:12:12	7:15	3	17:07	36	2:41:40
Fröttstädt	24.00	3:27:17	8:38	9	34:30	70	3:27:17	100.00	12:39:29	7:35	5	49:07	45	3:58:29

Timing by SPORTident