



15. Thüringen ULTRA

Fröttstädt / 30.06.2023-01.07.2023

0000

Ralf Ruppert

00: Lg Oelde/Wadersloh

00: 117

00: 100.00 km

100 Kilometer

0000:

Senioren M55 (55-59)

000: 14:14:31

00: 7.02 km/h

0000: 8:32 min/km

00000/000: 102 (of 153)

00000/0: 80 (of 118)

000000: 8:41:00

00000: 13(of 17)

0000000: 11:50:22

0000

0000

000

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	3:31:59	7:51	13	34:20	82	1:20:10	27.00	3:31:59	7:51	13	34:20	82	1:20:10	
Floh-Seligenthal	27.00	3:48:19	8:27	12	47:12	89	1:30:47	54.00	7:20:18	8:09	13	1:08:50	92	2:50:57	
Finsterbergen	22.00	3:24:41	9:18	12	41:04	74	1:23:30	76.00	10:44:59	8:29	13	1:49:54	85	4:14:27	
Fröttstädt	24.00	3:29:32	8:43	10	36:45	73	3:29:32	100.00	14:14:31	8:32	13	2:24:09	80	5:33:31	