



15. Thüringen ULTRA
Fröttstädt / 30.06.2023-01.07.2023

□□□□

Andreas Gutterau

□□: Döllstädt
□□: 1043

□□: 160.00 km
100 Meilen

□□□□:
Senioren M40 (40-44) M

□□□: 21:00:20

□□: 7.62 km/h
□□□□: 7:52 min/km

□□□□□/□□□: 14 (of 70)

□□□□□/□: 14 (of 63)

□□□□□□: 17:03:47

□□□□□: 5(of 6)

□□□□□□□: 17:38:47

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|------------------|----------|----------|--------------|---------|---------|---------|---------|--------|-----------|---------------|---------|---------|---------|---------|
| Hörselberg | 42.00 | 4:22:11 | 6:14 | 3 | 45:07 | 11 | 46:36 | 42.00 | 4:22:11 | 6:14 | 3 | 45:07 | 11 | 46:36 |
| Sondra | 28.00 | 3:40:05 | 7:51 | 2 | 19:30 | 7 | 19:30 | 70.00 | 8:02:16 | 6:53 | 2 | 1:04:37 | 7 | 1:04:41 |
| Glasbachwiese | 17.00 | 2:19:58 | 8:14 | 3 | 13:35 | 6 | 21:33 | 87.00 | 10:22:14 | 7:09 | 3 | 1:12:17 | 9 | 1:12:56 |
| Floh-Seligenthal | 27.00 | 3:31:36 | 7:50 | 5 | 40:28 | 17 | 46:34 | 114.00 | 13:53:50 | 7:18 | 3 | 1:18:01 | 10 | 1:44:13 |
| Finsterbergen | 24.00 | 3:30:18 | 8:45 | 6 | 1:05:42 | 19 | 1:08:37 | 138.00 | 17:24:08 | 7:33 | 4 | 1:54:26 | 11 | 2:37:43 |
| Fröttstädt | 22.00 | 3:36:12 | 9:49 | 6 | 1:29:38 | 23 | 3:36:12 | 160.00 | 21:00:20 | 7:52 | 5 | 3:21:33 | 14 | 3:56:33 |