



15. Thüringen ULTRA
Fröttstädt / 30.06.2023-01.07.2023

0000

Ronald Beck

00: 158

00: 100.00 km
100 Kilometer

0000:
Senioren M60 (60-64)

000: 12:00:53

00: 8.32 km/h
0000: 7:12 min/km

00000/000: 32 (of 153)

00000/0: 29 (of 118)

000000: 8:41:00

00000: 3(of 18)

0000000: 10:51:11

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	2:47:38	6:12	1	-	20	35:49	27.00	2:47:38	6:12	1	-	20	35:49	
Floh-Seligenthal	27.00	3:06:02	6:53	3	15:41	31	48:30	54.00	5:53:40	6:32	2	13:42	25	1:24:19	
Finsterbergen	22.00	3:04:16	8:22	4	26:13	46	1:03:05	76.00	8:57:56	7:04	3	39:28	28	2:27:24	
Fröttstädt	24.00	3:02:57	7:37	4	30:14	35	3:02:57	100.00	12:00:53	7:12	3	1:09:42	29	3:19:53	