



15. Thüringen ULTRA
Fröttstädt / 30.06.2023-01.07.2023

0000

Ronald Beck

000: 12:00:53

00: 158

00: 8.32 km/h

0000: 7:12 min/km

00: 100.00 km

00000/000: 32 (of 153)

100 Kilometer

00000/0: 29 (of 118)

000000: 8:41:00

0000:

00000: 3(of 18)

Senioren M60 (60-64)

0000000: 10:51:11

0000

0000

000

000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	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