



15. Thüringen ULTRA
Fröttstädt / 30.06.2023-01.07.2023

0000

Ralf Schuster

00: TC Kray 1892 e.V

00: 44

00: 100.00 km

100 Kilometer

0000:

Senioren M60 (60-64)

0000: 12:37:37

00: 7.92 km/h

0000: 7:34 min/km

00000/0000: 51 (of 153)

00000/0: 43 (of 118)

000000: 8:41:00

00000: 5(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	000	00 -	00 -	00 0	00 0
Glasbachwiese	27.00	3:28:05	7:42	10	40:27	76	1:16:16	27.00	3:28:05	7:42	10	40:27	76	1:16:16
Floh-Seligenthal	27.00	3:19:45	7:23	6	29:24	52	1:02:13	54.00	6:47:50	7:33	9	1:07:52	66	2:18:29
Finsterbergen	22.00	2:54:16	7:55	3	16:13	30	53:05	76.00	9:42:06	7:39	6	1:23:38	50	3:11:34
Fröttstädt	24.00	2:55:31	7:18	3	22:48	28	2:55:31	100.00	12:37:37	7:34	5	1:46:26	43	3:56:37