



15. Thüringen ULTRA
Fröttstädt / 30.06.2023-01.07.2023

0000

Carsten Weser

00: Südthüringentraail e.V.

00: 1064

00: 160.00 km

100 Meilen

0000:

Senioren M45 (45-49) M

000: 18:56:06

00: 8.45 km/h

0000: 7:06 min/km

00000/000: 5 (of 70)

00000/0: 5 (of 63)

000000: 17:03:47

00000: 1(of 7)

0000000: 18:56:06

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
Hörselberg	42.00	4:26:37	6:20	1	-	17	51:02	42.00	4:26:37	6:20	1	-	17	51:02
Sondra	28.00	3:41:11	7:53	1	-	9	20:36	70.00	8:07:48	6:58	1	-	9	1:10:13
Glasbachwiese	17.00	2:11:24	7:43	1	-	3	12:59	87.00	10:19:12	7:07	1	-	6	1:09:54
Floh-Seligenthal	27.00	3:00:58	6:42	1	-	4	15:56	114.00	13:20:10	7:01	1	-	6	1:10:33
Finsterbergen	24.00	2:50:10	7:05	1	-	5	28:29	138.00	16:10:20	7:01	1	-	5	1:23:55
Fröttstädt	22.00	2:45:46	7:32	1	-	9	2:45:46	160.00	18:56:06	7:06	1	-	5	1:52:19