



15. Thüringen ULTRA  
Fröttstädt / 30.06.2023-01.07.2023

0000

Volker Dörr

00: RC Vorwärts Speyer / 100MC

00: 104

00: 100.00 km

100 Kilometer

0000:

Senioren M65 (65-69)

0000: 12:43:08

00: 7.86 km/h

0000: 7:37 min/km

00000/0000: 55 (of 153)

00000/0: 46 (of 118)

000000: 8:41:00

00000: 1(of 5)

0000000: 12:43:08

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	3:24:55	7:35	1	-	72	1:13:06	27.00	3:24:55	7:35	1	-	72	1:13:06
Floh-Seligenthal	27.00	3:19:06	7:22	1	-	50	1:01:34	54.00	6:44:01	7:28	1	-	60	2:14:40
Finsterbergen	22.00	3:02:24	8:17	1	-	43	1:01:13	76.00	9:46:25	7:42	1	-	53	3:15:53
Fröttstädt	24.00	2:56:43	7:21	2	0:30	31	2:56:43	100.00	12:43:08	7:37	1	-	46	4:02:08