



15. Thüringen ULTRA  
Fröttstädt / 30.06.2023-01.07.2023

0000

Rainer Leyendecker

00: LG Ultralauf

00: 168

00: 100.00 km

100 Kilometer

0000:

Senioren M65 (65-69)

000: 14:08:26

00: 7.07 km/h

0000: 8:29 min/km

00000/000: 97 (of 153)

00000/0: 77 (of 118)

000000: 8:41:00

00000: 3(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 00	000 min/km	00 -	00 -	00 0	00 0
Glasbachwiese	27.00	3:32:41	7:52	2	7:46	86	1:20:52	27.00	3:32:41	7:52	2	7:46	86	1:20:52
Floh-Seligenthal	27.00	3:40:21	8:09	3	21:15	81	1:22:49	54.00	7:13:02	8:01	3	29:01	87	2:43:41
Finsterbergen	22.00	3:26:19	9:22	3	23:55	75	1:25:08	76.00	10:39:21	8:24	3	52:56	82	4:08:49
Fröttstädt	24.00	3:29:05	8:42	4	32:52	72	3:29:05	100.00	14:08:26	8:29	3	1:25:18	77	5:27:26