



15. Thüringen ULTRA  
Fröttstädt / 30.06.2023-01.07.2023

0000

Wolfgang Knopke-Hülsenbeck

000: 14:53:08

00: MTV Vechelde

00: 6.72 km/h

00: 155

0000: 8:55 min/km

00: 100.00 km

00000/000: 118 (of 153)

100 Kilometer

00000/0: 93 (of 118)

000000: 8:41:00

0000:

00000: 4(of 5)

Senioren M65 (65-69)

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	4:03:28	9:01	5	38:33	105	1:51:39	27.00	4:03:28	9:01	5	38:33	105	1:51:39
Floh-Seligenthal	27.00	3:56:12	8:44	4	37:06	92	1:38:40	54.00	7:59:40	8:52	5	1:15:39	100	3:30:19
Finsterbergen	22.00	3:35:31	9:47	4	33:07	82	1:34:20	76.00	11:35:11	9:08	4	1:48:46	95	5:04:39
Fröttstädt	24.00	3:17:57	8:14	3	21:44	57	3:17:57	100.00	14:53:08	8:55	4	2:10:00	93	6:12:08