



15. Thüringen ULTRA

Fröttstädt / 30.06.2023-01.07.2023

□□□□

Torsten Brunheim

□□: BSV Holborn
 □□: 1076

□□: 160.00 km
 100 Meilen

□□□□:
 Senioren M45 (45-49) M

□□□: 23:18:35

□□: 6.86 km/h
 □□□□: 8:44 min/km

□□□□□/□□□□: 21 (of 70)

□□□□□/□: 20 (of 63)

□□□□□□: 17:03:47

□□□□□: 2(of 7)

□□□□□□□: 18:56:06

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|------------------|----------|----------|--------------|---------|---------|---------|---------|--------|-----------|-----------|---------------|---------|---------|---------|---------|
| Hörselberg | 42.00 | 4:46:11 | 6:48 | 2 | 19:34 | 19 | 1:10:36 | 42.00 | 4:46:11 | 6:48 | 2 | 19:34 | 19 | 1:10:36 | |
| Sondra | 28.00 | 4:15:16 | 9:07 | 3 | 34:05 | 22 | 54:41 | 70.00 | 9:01:27 | 7:44 | 2 | 53:39 | 19 | 2:03:52 | |
| Glasbachwiese | 17.00 | 2:38:55 | 9:20 | 2 | 27:31 | 18 | 40:30 | 87.00 | 11:40:22 | 8:03 | 2 | 1:21:10 | 20 | 2:31:04 | |
| Floh-Seligenthal | 27.00 | 3:51:22 | 8:34 | 3 | 50:24 | 22 | 1:06:20 | 114.00 | 15:31:44 | 8:10 | 3 | 2:11:34 | 21 | 3:22:07 | |
| Finsterbergen | 24.00 | 3:45:42 | 9:24 | 3 | 55:32 | 24 | 1:24:01 | 138.00 | 19:17:26 | 8:23 | 2 | 3:07:06 | 20 | 4:31:01 | |
| Fröttstädt | 22.00 | 4:01:09 | 10:57 | 4 | 1:15:23 | 33 | 4:01:09 | 160.00 | 23:18:35 | 8:44 | 2 | 4:22:29 | 20 | 6:14:48 | |