



# 15. Thüringen ULTRA

Fröttstädt / 30.06.2023-01.07.2023

0000

**Rocco Scholz**

00: Crazy Runners Team Frankenwald  
00: 1040

00: 160.00 km  
100 Meilen

0000:  
Senioren M45 (45-49) M

000: 23:20:39

00: 6.85 km/h  
0000: 8:45 min/km

00000/000: 23 (of 70)

00000/0: 22 (of 63)

000000: 17:03:47

00000: 4(of 7)

0000000: 18:56:06

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| 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 | 4:46:28 | 6:49   | 4  | 19:51   | 21 | 1:10:53 | 42.00  | 4:46:28  | 6:49   | 4  | 19:51   | 21 | 1:10:53 |
| Sondra           | 28.00 | 4:18:49 | 9:14   | 4  | 37:38   | 23 | 58:14   | 70.00  | 9:05:17  | 7:47   | 4  | 57:29   | 22 | 2:07:42 |
| Glasbachwiese    | 17.00 | 2:49:23 | 9:57   | 4  | 37:59   | 27 | 50:58   | 87.00  | 11:54:40 | 8:12   | 4  | 1:35:28 | 25 | 2:45:22 |
| Floh-Seligenthal | 27.00 | 3:53:20 | 8:38   | 4  | 52:22   | 25 | 1:08:18 | 114.00 | 15:48:00 | 8:18   | 4  | 2:27:50 | 22 | 3:38:23 |
| Finsterbergen    | 24.00 | 3:41:12 | 9:13   | 2  | 51:02   | 22 | 1:19:31 | 138.00 | 19:29:12 | 8:28   | 4  | 3:18:52 | 22 | 4:42:47 |
| Fröttstädt       | 22.00 | 3:51:27 | 10:31  | 2  | 1:05:41 | 31 | 3:51:27 | 160.00 | 23:20:39 | 8:45   | 4  | 4:24:33 | 22 | 6:16:52 |