



# 15. Thüringen ULTRA

Fröttstädt / 30.06.2023-01.07.2023

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**Peter Rübsam**

□□: WSV 1907 Steinbach LGOE  
 □□: 1075

□□: 160.00 km  
 100 Meilen

□□□□:  
 Senioren M50 (50-54) M

□□□: 20:16:29

□□: 7.89 km/h  
 □□□□: 7:36 min/km

□□□□□/□□□: 9 (of 70)

□□□□□/□: 9 (of 63)

□□□□□□: 17:03:47

□□□□□: 1(of 14)

□□□□□□□: 20:16:29

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Hörselberg	42.00	4:25:01	6:18	3	20:13	13	49:26	42.00	4:25:01	6:18	3	20:13	13	49:26	
Sondra	28.00	3:47:12	8:06	1	-	10	26:37	70.00	8:12:13	7:01	1	-	12	1:14:38	
Glasbachwiese	17.00	2:22:22	8:22	1	-	8	23:57	87.00	10:34:35	7:17	2	29:00	11	1:25:17	
Floh-Seligenthal	27.00	3:28:36	7:43	2	16:50	15	43:34	114.00	14:03:11	7:23	2	45:50	11	1:53:34	
Finsterbergen	24.00	3:28:39	8:41	4	13:04	16	1:06:58	138.00	17:31:50	7:37	2	58:54	13	2:45:25	
Fröttstädt	22.00	2:44:39	7:29	2	2:44:39	8	2:44:39	160.00	20:16:29	7:36	1	-	9	3:12:42	