



15. Thüringen ULTRA

Fröttstädt / 30.06.2023-01.07.2023

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Thomas Müller

□□: Trail Running Mainhardter Wald
 □□: 1024

□□: 160.00 km
 100 Meilen

□□□□:
 Senioren M50 (50-54) M

□□□: 23:53:26

□□: 6.70 km/h
 □□□□: 8:57 min/km

□□□□□/□□□: 29 (of 70)

□□□□□/□: 27 (of 63)

□□□□□□: 17:03:47

□□□□□: 7(of 14)

□□□□□□□: 20:16:29

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Hörselberg	42.00	5:15:24	7:30	10	1:10:36	34	1:39:49	42.00	5:15:24	7:30	10	1:10:36	34	1:39:49
Sondra	28.00	4:38:40	9:57	9	51:28	31	1:18:05	70.00	9:54:04	8:29	9	1:41:51	32	2:56:29
Glasbachwiese	17.00	2:43:11	9:35	4	20:49	22	44:46	87.00	12:37:15	8:42	10	2:31:40	31	3:27:57
Floh-Seligenthal	27.00	3:53:14	8:38	6	41:28	24	1:08:12	114.00	16:30:29	8:41	9	3:13:08	29	4:20:52
Finsterbergen	24.00	3:38:44	9:06	6	23:09	21	1:17:03	138.00	20:09:13	8:45	10	3:36:17	30	5:22:48
Fröttstädt	22.00	3:44:13	10:11	7	3:44:13	26	3:44:13	160.00	23:53:26	8:57	7	3:36:57	27	6:49:39