



15. Thüringen ULTRA
Fröttstädt / 30.06.2023-01.07.2023

□□□□

Thomas Kamprath

□□□: 24:06:38

□□: Crazy Downstairs Runners Frankenwald
□□: 1051

□□: 6.64 km/h
□□□□: 9:02 min/km

□□: 160.00 km
100 Meilen

□□□□□/□□□□: 31 (of 70)
□□□□□/□: 29 (of 63)
□□□□□□: 17:03:47

□□□□:
Senioren M50 (50-54) M

□□□□□: 8(of 14)
□□□□□□□: 20:16:29

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Hörselberg	42.00	4:46:28	6:49	6	41:40	21	1:10:53	42.00	4:46:28	6:49	6	41:40	21	1:10:53
Sondra	28.00	4:19:13	9:15	5	32:01	24	58:38	70.00	9:05:41	7:47	5	53:28	23	2:08:06
Glasbachwiese	17.00	2:48:58	9:56	6	26:36	25	50:33	87.00	11:54:39	8:12	6	1:49:04	24	2:45:21
Floh-Seligenthal	27.00	3:53:21	8:38	7	41:35	26	1:08:19	114.00	15:48:00	8:18	4	2:30:39	22	3:38:23
Finsterbergen	24.00	4:02:50	10:07	12	47:15	37	1:41:09	138.00	19:50:50	8:37	7	3:17:54	26	5:04:25
Fröttstädt	22.00	4:15:48	11:37	11	4:15:48	39	4:15:48	160.00	24:06:38	9:02	8	3:50:09	29	7:02:51