



15. Thüringen ULTRA

Fröttstädt / 30.06.2023-01.07.2023

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Wolfram Andrae

□□□: 24:16:34

□□: Hunsrück-Marathon e.V. / Erdinger-Active-Team □□: 6.59 km/h

□□: 1037

□□□□: 9:06 min/km

□□: 160.00 km

□□□□□/□□□: 34 (of 70)

100 Meilen

□□□□□/□: 31 (of 63)

□□□□□□: 17:03:47

□□□□:

□□□□□: 10(of 14)

Senioren M50 (50-54) M

□□□□□□□: 20:16:29

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Hörselberg	42.00	5:00:32	7:09	8	55:44	30	1:24:57	42.00	5:00:32	7:09	8	55:44	30	1:24:57	
Sondra	28.00	4:09:52	8:55	3	22:40	18	49:17	70.00	9:10:24	7:51	6	58:11	25	2:12:49	
Glasbachwiese	17.00	2:48:22	9:54	5	26:00	24	49:57	87.00	11:58:46	8:15	7	1:53:11	26	2:49:28	
Floh-Seligenthal	27.00	3:51:57	8:35	5	40:11	23	1:06:55	114.00	15:50:43	8:20	5	2:33:22	24	3:41:06	
Finsterbergen	24.00	3:59:43	9:59	11	44:08	35	1:38:02	138.00	19:50:26	8:37	6	3:17:30	25	5:04:01	
Fröttstädt	22.00	4:26:08	12:05	13	4:26:08	46	4:26:08	160.00	24:16:34	9:06	10	4:00:05	31	7:12:47	