



15. Thüringen ULTRA

Fröttstädt / 30.06.2023-01.07.2023

□□□□

Thomas Hennig

□□: LAV Zeven
 □□: 1060

□□: 160.00 km
 100 Meilen

□□□□:
 Senioren M50 (50-54) M

□□□: 24:20:56

□□: 6.57 km/h
 □□□□: 9:07 min/km

□□□□□/□□□: 35 (of 70)

□□□□□/□: 32 (of 63)

□□□□□□: 17:03:47

□□□□□: 11(of 14)

□□□□□□□: 20:16:29

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Hörselberg	42.00	4:20:53	6:12	2	16:05	7	45:18	42.00	4:20:53	6:12	2	16:05	7	45:18
Sondra	28.00	4:26:16	9:30	7	39:04	27	1:05:41	70.00	8:47:09	7:31	3	34:56	16	1:49:34
Glasbachwiese	17.00	2:49:59	9:59	9	27:37	29	51:34	87.00	11:37:08	8:00	4	1:31:33	19	2:27:50
Floh-Seligenthal	27.00	4:20:30	9:38	12	1:08:44	40	1:35:28	114.00	15:57:38	8:24	6	2:40:17	25	3:48:01
Finsterbergen	24.00	3:58:04	9:55	10	42:29	34	1:36:23	138.00	19:55:42	8:39	8	3:22:46	28	5:09:17
Fröttstädt	22.00	4:25:14	12:03	12	4:25:14	45	4:25:14	160.00	24:20:56	9:07	11	4:04:27	32	7:17:09