



15. Thüringen ULTRA

Fröttstädt / 30.06.2023-01.07.2023

0000

Denis Geserick

00: Trailrunning Bergwitz

00: 1027

00: 160.00 km

100 Meilen

0000:

Senioren M55 (55-59) M

000: 27:16:27

00: 5.87 km/h

0000: 10:13 min/km

00000/000: 44 (of 70)

00000/0: 40 (of 63)

000000: 17:03:47

00000: 3(of 9)

0000000: 20:21:43

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Hörselberg	42.00	5:46:12	8:14	4	1:28:05	43	2:10:37	42.00	5:46:12	8:14	4	1:28:05	43	2:10:37
Sondra	28.00	5:10:50	11:06	3	1:32:26	39	1:50:15	70.00	10:57:02	9:23	3	3:00:31	41	3:59:27
Glasbachwiese	17.00	3:13:08	11:21	5	50:21	43	1:14:43	87.00	14:10:10	9:46	3	3:50:52	40	5:00:52
Floh-Seligenthal	27.00	4:40:38	10:23	5	1:12:59	48	1:55:36	114.00	18:50:48	9:55	4	5:03:51	42	6:41:11
Finsterbergen	24.00	4:20:14	10:50	6	1:12:44	46	1:58:33	138.00	23:11:02	10:04	4	6:16:35	44	8:24:37
Fröttstädt	22.00	4:05:25	11:09	5	4:05:25	35	4:05:25	160.00	27:16:27	10:13	3	6:54:44	40	10:12:40