



15. Thüringen ULTRA
Fröttstädt / 30.06.2023-01.07.2023

□□□□

Friedhelm Hofmann

□□: Hunsrück-Marathon e.V.
□□: 1049

□□: 160.00 km
100 Meilen

□□□□:
Senioren M55 (55-59) M

□□□: 27:17:18

□□: 5.86 km/h
□□□□: 10:13 min/km

□□□□□/□□□: 47 (of 70)

□□□□□/□: 43 (of 63)

□□□□□□: 17:03:47

□□□□□: 4(of 9)

□□□□□□□: 20:21:43

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Hörselberg	42.00	5:49:40	8:19	5	1:31:33	47	2:14:05	42.00	5:49:40	8:19	5	1:31:33	47	2:14:05
Sondra	28.00	5:17:46	11:20	4	1:39:22	44	1:57:11	70.00	11:07:26	9:32	4	3:10:55	45	4:09:51
Glasbachwiese	17.00	3:16:03	11:31	6	53:16	45	1:17:38	87.00	14:23:29	9:55	4	4:04:11	43	5:14:11
Floh-Seligenthal	27.00	4:25:33	9:50	4	57:54	42	1:40:31	114.00	18:49:02	9:54	3	5:02:05	41	6:39:25
Finsterbergen	24.00	4:08:13	10:20	4	1:00:43	40	1:46:32	138.00	22:57:15	9:58	3	6:02:48	39	8:10:50
Fröttstädt	22.00	4:20:03	11:49	6	4:20:03	42	4:20:03	160.00	27:17:18	10:13	4	6:55:35	43	10:13:31