



15. Thüringen ULTRA
Fröttstädt / 30.06.2023-01.07.2023

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Michael Günther

□□□: 23:49:16

□□: 1018

□□: 6.72 km/h

□□□□: 8:55 min/km

□□: 160.00 km

□□□□□/□□□: 27 (of 70)

100 Meilen

□□□□□/□: 25 (of 63)

□□□□□□: 17:03:47

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□□□□□: 1(of 13)

Senioren M60 (60-64) M

□□□□□□□: 23:49:16

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Hörselberg	42.00	4:58:19	7:06	2	10:12	27	1:22:44	42.00	4:58:19	7:06	2	10:12	27	1:22:44
Sondra	28.00	4:27:25	9:33	2	1:45	28	1:06:50	70.00	9:25:44	8:04	2	11:57	28	2:28:09
Glasbachwiese	17.00	3:02:15	10:43	2	14:07	35	1:03:50	87.00	12:27:59	8:35	2	26:04	30	3:18:41
Floh-Seligenthal	27.00	4:08:51	9:13	3	3:15	32	1:23:49	114.00	16:36:50	8:44	2	29:19	30	4:27:13
Finsterbergen	24.00	3:50:43	9:36	3	7:24	32	1:29:02	138.00	20:27:33	8:53	2	36:43	31	5:41:08
Fröttstädt	22.00	3:21:43	9:10	1	-	17	3:21:43	160.00	23:49:16	8:55	1	-	25	6:45:29