



15. Thüringen ULTRA

Fröttstädt / 30.06.2023-01.07.2023

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Klaus Mantel

□□: 100 Marathon Club

□□: 1052

□□: 160.00 km

100 Meilen

□□□□:

Senioren M60 (60-64) M

□□□: 26:24:00

□□: 6.06 km/h

□□□□: 9:54 min/km

□□□□□/□□□: 41 (of 70)

□□□□□/□: 37 (of 63)

□□□□□□: 17:03:47

□□□□□: 3(of 13)

□□□□□□□: 23:49:16

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Hörselberg	42.00	5:49:24	8:19	5	1:01:17	46	2:13:49	42.00	5:49:24	8:19	5	1:01:17	46	2:13:49	
Sondra	28.00	5:12:01	11:08	4	46:21	41	1:51:26	70.00	11:01:25	9:26	5	1:47:38	43	4:03:50	
Glasbachwiese	17.00	3:17:33	11:37	9	29:25	49	1:19:08	87.00	14:18:58	9:52	5	2:17:03	42	5:09:40	
Floh-Seligenthal	27.00	4:05:57	9:06	2	0:21	30	1:20:55	114.00	18:24:55	9:41	5	2:17:24	40	6:15:18	
Finsterbergen	24.00	3:47:39	9:29	2	4:20	27	1:25:58	138.00	22:12:34	9:39	3	2:21:44	37	7:26:09	
Fröttstädt	22.00	4:11:26	11:25	3	49:43	37	4:11:26	160.00	26:24:00	9:54	3	2:34:44	37	9:20:13	