



15. Thüringen ULTRA

Fröttstädt / 30.06.2023-01.07.2023

0000

Cees Dijkstra

00: SV Friesland
00: 1069

00: 160.00 km
100 Meilen

0000:
Senioren M60 (60-64) M

000: 26:33:44

00: 6.02 km/h
0000: 9:57 min/km

00000/000: 42 (of 70)

00000/0: 38 (of 63)

000000: 17:03:47

00000: 4(of 13)

0000000: 23:49:16

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000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Hörselberg	42.00	5:46:18	8:14	4	58:11	44	2:10:43	42.00	5:46:18	8:14	4	58:11	44	2:10:43
Sondra	28.00	4:58:06	10:38	3	32:26	38	1:37:31	70.00	10:44:24	9:12	4	1:30:37	39	3:46:49
Glasbachwiese	17.00	3:16:27	11:33	6	28:19	46	1:18:02	87.00	14:00:51	9:39	4	1:58:56	39	4:51:33
Floh-Seligenthal	27.00	4:11:04	9:17	4	5:28	33	1:26:02	114.00	18:11:55	9:34	3	2:04:24	37	6:02:18
Finsterbergen	24.00	4:00:51	10:02	4	17:32	36	1:39:10	138.00	22:12:46	9:39	4	2:21:56	38	7:26:21
Fröttstädt	22.00	4:20:58	11:51	7	59:15	43	4:20:58	160.00	26:33:44	9:57	4	2:44:28	38	9:29:57