



# 15. Thüringen ULTRA

Fröttstädt / 30.06.2023-01.07.2023

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Reinhold Schwalb

□□: NF2run

□□: 1046

□□: 160.00 km

100 Meilen

□□□□:

Senioren M60 (60-64) M

□□□: 27:17:16

□□: 5.86 km/h

□□□□: 10:13 min/km

□□□□□/□□□: 46 (of 70)

□□□□□/□: 41 (of 63)

□□□□□□: 17:03:47

□□□□□: 6(of 13)

□□□□□□□: 23:49:16

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Hörselberg	42.00	5:49:57	8:19	7	1:01:50	49	2:14:22	42.00	5:49:57	8:19	7	1:01:50	49	2:14:22
Sondra	28.00	5:17:28	11:20	6	51:48	43	1:56:53	70.00	11:07:25	9:32	6	1:53:38	44	4:09:50
Glasbachwiese	17.00	3:17:08	11:35	7	29:00	47	1:18:43	87.00	14:24:33	9:56	6	2:22:38	44	5:15:15
Floh-Seligenthal	27.00	4:29:19	9:58	8	23:43	46	1:44:17	114.00	18:53:52	9:56	7	2:46:21	44	6:44:15
Finsterbergen	24.00	4:05:58	10:14	5	22:39	38	1:44:17	138.00	22:59:50	9:59	7	3:09:00	43	8:13:25
Fröttstädt	22.00	4:17:26	11:42	5	55:43	40	4:17:26	160.00	27:17:16	10:13	6	3:28:00	41	10:13:29