



15. Thüringen ULTRA  
Fröttstädt / 30.06.2023-01.07.2023

□□□□

Henry Jahn

□□: SV Bad Düben

□□: 1047

□□: 160.00 km

100 Meilen

□□□□:

Senioren M60 (60-64) M

□□□: 30:26:51

□□: 5.25 km/h

□□□□: 11:25 min/km

□□□□□/□□□: 56 (of 70)

□□□□□/□: 51 (of 63)

□□□□□□: 17:03:47

□□□□□: 9(of 13)

□□□□□□□: 23:49:16

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Hörselberg	42.00	5:56:38	8:29	8	1:08:31	52	2:21:03	42.00	5:56:38	8:29	8	1:08:31	52	2:21:03
Sondra	28.00	6:49:38	14:37	10	2:23:58	51	3:29:03	70.00	12:46:16	10:56	10	3:32:29	52	5:48:41
Glasbachwiese	17.00	3:12:28	11:19	5	24:20	41	1:14:03	87.00	15:58:44	11:01	11	3:56:49	56	6:49:26
Floh-Seligenthal	27.00	5:09:14	11:27	9	1:03:38	53	2:24:12	114.00	21:07:58	11:07	10	5:00:27	54	8:58:21
Finsterbergen	24.00	4:31:38	11:19	8	48:19	49	2:09:57	138.00	25:39:36	11:09	9	5:48:46	52	10:53:11
Fröttstädt	22.00	4:47:15	13:03	8	1:25:32	51	4:47:15	160.00	30:26:51	11:25	9	6:37:35	51	13:23:04