



15. Thüringen ULTRA
Fröttstädt / 30.06.2023-01.07.2023

0000

Matthias Völkel

000: 21:10:48

00: 1078

00: 7.55 km/h

0000: 7:56 min/km

00: 160.00 km

00000/000: 15 (of 70)

100 Meilen

00000/0: 15 (of 63)

000000: 17:03:47

0000:

00000: 4(of 7)

Senioren M35 (35-39) M

0000000: 17:40:50

0000

0000

000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Hörselberg	42.00	4:20:46	6:12	2	45:11	6	45:11	42.00	4:20:46	6:12	2	45:11	6	45:11	
Sondra	28.00	3:52:19	8:17	5	30:19	13	31:44	70.00	8:13:05	7:02	5	1:15:30	13	1:15:30	
Glasbachwiese	17.00	2:31:48	8:55	4	20:05	13	33:23	87.00	10:44:53	7:24	4	1:35:35	13	1:35:35	
Floh-Seligenthal	27.00	3:27:25	7:40	5	27:06	13	42:23	114.00	14:12:18	7:28	4	2:02:41	12	2:02:41	
Finsterbergen	24.00	3:34:45	8:56	5	47:57	20	1:13:04	138.00	17:47:03	7:43	4	2:50:38	15	3:00:38	
Fröttstädt	22.00	3:23:45	9:15	5	39:20	18	3:23:45	160.00	21:10:48	7:56	4	3:29:58	15	4:07:01	