



15. Thüringen ULTRA
Fröttstädt / 30.06.2023-01.07.2023

□□□□

Julian Nassadil

□□□: 13:41:00

□□: 95

□□: 7.31 km/h

□□□□: 8:12 min/km

□□: 100.00 km

□□□□□/□□□: 88 (of 153)

100 Kilometer

□□□□□/□: 69 (of 118)

□□□□□□: 8:41:00

□□□□:

□□□□□: 3(of 8)

Senioren M35 (35-39)

□□□□□□□: 11:12:16

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Glasbachwiese	27.00	3:17:24	7:18	4	38:21	63	1:05:35	27.00	3:17:24	7:18	4	38:21	63	1:05:35
Floh-Seligenthal	27.00	3:27:22	7:40	3	34:28	69	1:09:50	54.00	6:44:46	7:29	3	58:55	61	2:15:25
Finsterbergen	22.00	3:10:32	8:39	3	29:48	55	1:09:21	76.00	9:55:18	7:49	3	1:28:43	58	3:24:46
Fröttstädt	24.00	3:45:42	9:24	6	1:00:01	88	3:45:42	100.00	13:41:00	8:12	3	2:28:44	69	5:00:00