



15. Thüringen ULTRA
Fröttstädt / 30.06.2023-01.07.2023

□□□□

Julian Gonsior

□□: SV Königshofen

□□: 1062

□□: 160.00 km

100 Meilen

□□□□:

Senioren M35 (35-39) M

□□□: 21:40:03

□□: 7.38 km/h

□□□□: 8:07 min/km

□□□□□/□□□: 17 (of 70)

□□□□□/□: 17 (of 63)

□□□□□□: 17:03:47

□□□□□: 5(of 7)

□□□□□□□: 17:40:50

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|------------------|----------|----------|--------------|---------|---------|---------|---------|--------|-----------|-----------|---------------|---------|---------|---------|---------|
| Hörselberg | 42.00 | 4:25:14 | 6:18 | 6 | 49:39 | 15 | 49:39 | 42.00 | 4:25:14 | 6:18 | 6 | 49:39 | 15 | 49:39 | |
| Sondra | 28.00 | 4:06:30 | 8:48 | 6 | 44:30 | 16 | 45:55 | 70.00 | 8:31:44 | 7:18 | 6 | 1:34:09 | 15 | 1:34:09 | |
| Glasbachwiese | 17.00 | 2:35:30 | 9:08 | 5 | 23:47 | 14 | 37:05 | 87.00 | 11:07:14 | 7:40 | 6 | 1:57:56 | 16 | 1:57:56 | |
| Floh-Seligenthal | 27.00 | 3:17:57 | 7:19 | 3 | 17:38 | 8 | 32:55 | 114.00 | 14:25:11 | 7:35 | 6 | 2:15:34 | 16 | 2:15:34 | |
| Finsterbergen | 24.00 | 3:29:09 | 8:42 | 4 | 42:21 | 17 | 1:07:28 | 138.00 | 17:54:20 | 7:47 | 5 | 2:57:55 | 16 | 3:07:55 | |
| Fröttstädt | 22.00 | 3:45:43 | 10:15 | 6 | 1:01:18 | 28 | 3:45:43 | 160.00 | 21:40:03 | 8:07 | 5 | 3:59:13 | 17 | 4:36:16 | |