



16. thüringen ULTRA  
Fröttstädt / 06.07.2024

0000

Julian Sinke

00: LG eXa Leipzig e. V.

00: 110

00: 100.00 km

100 Kilometer

0000:

Senioren M30 (30-34)

000: 8:40:38

00: 11.52 km/h

0000: 5:12 min/km

00000/000: 2 (of 195)

00000/0: 2 (of 156)

000000: 8:25:24

00000: 2(of 8)

0000000: 8:25:24

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0000

000

| 000              | 00<br>km | 00<br>00 | 00<br>min/km | 00<br>- | 00<br>- | 00<br>0 | 00<br>0 | 000<br>km | 000<br>00 | 000<br>min/km | 00<br>- | 00<br>- | 00<br>0 | 00<br>0 |
|------------------|----------|----------|--------------|---------|---------|---------|---------|-----------|-----------|---------------|---------|---------|---------|---------|
| Glasbachwiese    | 27.00    | 2:18:31  | 5:07         | 3       | 3:49    | 4       | 3:49    | 27.00     | 2:18:31   | 5:07          | 3       | 3:49    | 4       | 3:49    |
| Floh-Seligenthal | 27.00    | 2:19:57  | 5:10         | 2       | 8:04    | 2       | 8:04    | 54.00     | 4:38:28   | 5:09          | 2       | 11:53   | 2       | 11:53   |
| Finsterbergen    | 22.00    | 2:00:38  | 5:29         | 2       | 5:42    | 2       | 5:42    | 76.00     | 6:39:06   | 5:15          | 2       | 17:35   | 2       | 17:35   |
| Waltershausen    | 19.00    | 1:39:59  | 5:15         | 1       | -       | 1       | -       | 95.00     | 8:19:05   | 5:15          | 2       | 14:49   | 2       | 14:49   |
| Fröttstädt       | 5.00     | 21:33    | 4:18         | 2       | 0:25    | 3       | 0:25    | 100.00    | 8:40:38   | 5:12          | 2       | 15:14   | 2       | 15:14   |