



16. thüringen ULTRA
Fröttstädt / 06.07.2024

0000

Eckhard Rump

00: LG Oelde/Wadersloh

00: 190

00: 100.00 km

100 Kilometer

0000:

Senioren M60 (60-64)

000: 13:17:15

00: 7.53 km/h

0000: 7:58 min/km

00000/000: 71 (of 195)

00000/0: 60 (of 156)

000000: 8:25:24

00000: 6(of 28)

0000000: 11:44:44

0000

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000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Glasbachwiese	27.00	3:21:16	7:27	8	35:03	75	1:06:34	27.00	3:21:16	7:27	8	35:03	75	1:06:34
Floh-Seligenthal	27.00	3:24:44	7:34	7	27:58	67	1:12:51	54.00	6:46:00	7:31	7	1:03:01	71	2:19:25
Finsterbergen	22.00	3:11:56	8:43	4	23:43	49	1:17:00	76.00	9:57:56	7:52	5	1:15:13	59	3:36:25
Waltershausen	19.00	2:46:16	8:45	7	12:30	58	1:06:17	95.00	12:44:12	8:02	7	1:25:59	61	4:39:56
Fröttstädt	5.00	33:03	6:36	8	6:32	51	11:55	100.00	13:17:15	7:58	6	1:32:31	60	4:51:51