



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

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    | 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 |