



16. thüringen ULTRA  
Fröttstädt / 06.07.2024

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Rainer Burkert

□□□: 16:03:50

□□: 125

□□: 6.23 km/h

□□□□: 9:38 min/km

□□: 100.00 km

□□□□□/□□□: 171 (of 195)

100 Kilometer

□□□□□/□: 134 (of 156)

□□□□□□: 8:25:24

□□□□:

□□□□□: 1(of 3)

Senioren M70 (70-74)

□□□□□□□: 16:03:50

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| □□□              | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□    | □□□      | □□□  | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|------------------|----------|----------|--------------|---------|---------|---------|---------|--------|----------|------|---------|---------|---------|---------|
| Glasbachwiese    | 27.00    | 3:44:11  | 8:18         | 3       | 1:50    | 133     | 1:29:29 | 27.00  | 3:44:11  | 8:18 | 3       | 1:50    | 133     | 1:29:29 |
| Floh-Seligenthal | 27.00    | 4:28:16  | 9:56         | 3       | 37:23   | 148     | 2:16:23 | 54.00  | 8:12:27  | 9:07 | 3       | 39:13   | 142     | 3:45:52 |
| Finsterbergen    | 22.00    | 3:46:38  | 10:18        | 1       | -       | 114     | 1:51:42 | 76.00  | 11:59:05 | 9:27 | 1       | -       | 132     | 5:37:34 |
| Waltershausen    | 19.00    | 3:19:33  | 10:30        | 1       | -       | 115     | 1:39:34 | 95.00  | 15:18:38 | 9:40 | 1       | -       | 134     | 7:14:22 |
| Fröttstädt       | 5.00     | 45:12    | 9:02         | 1       | -       | 125     | 24:04   | 100.00 | 16:03:50 | 9:38 | 1       | -       | 134     | 7:38:26 |