



16. thüringen ULTRA
Fröttstädt / 06.07.2024

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Frederik Trettin

□□: Twin hills Running

□□: 63

□□: 100.00 km

100 Kilometer

□□□□:

Senioren M40 (40-44)

□□□: 12:43:38

□□: 7.86 km/h

□□□□: 7:38 min/km

□□□□□/□□□: 54 (of 195)

□□□□□/□: 46 (of 156)

□□□□□□: 8:25:24

□□□□□: 11(of 15)

□□□□□□□: 9:39:33

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□□□□

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Glasbachwiese	27.00	3:08:11	6:58	9	43:41	49	53:29	27.00	3:08:11	6:58	9	43:41	49	53:29
Floh-Seligenthal	27.00	3:20:02	7:24	11	51:04	57	1:08:09	54.00	6:28:13	7:11	11	1:28:17	55	2:01:38
Finsterbergen	22.00	3:17:39	8:59	11	1:03:30	60	1:22:43	76.00	9:45:52	7:42	11	2:25:30	50	3:24:21
Waltershausen	19.00	2:28:17	7:48	9	35:35	28	48:18	95.00	12:14:09	7:43	11	3:00:05	49	4:09:53
Fröttstädt	5.00	29:29	5:53	8	5:25	30	8:21	100.00	12:43:38	7:38	11	3:04:05	46	4:18:14