



16. thüringen ULTRA
Fröttstädt / 06.07.2024

□□□□

Rui Figueiredo

□□□: 13:12:56

□□: 144

□□: 7.57 km/h

□□□□: 7:55 min/km

□□: 100.00 km

□□□□□/□□□: 69 (of 195)

100 Kilometer

□□□□□/□: 59 (of 156)

□□□□□□: 8:25:24

□□□□:

□□□□□: 4(of 13)

Senioren M45 (45-49)

□□□□□□□: 11:10:20

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Glasbachwiese	27.00	3:14:21	7:11	5	28:20	60	59:39	27.00	3:14:21	7:11	5	28:20	60	59:39
Floh-Seligenthal	27.00	3:21:29	7:27	6	29:25	61	1:09:36	54.00	6:35:50	7:19	5	57:45	60	2:09:15
Finsterbergen	22.00	3:11:02	8:41	4	30:20	45	1:16:06	76.00	9:46:52	7:43	4	1:28:05	51	3:25:21
Waltershausen	19.00	2:50:29	8:58	4	27:13	67	1:10:30	95.00	12:37:21	7:58	4	1:55:18	57	4:33:05
Fröttstädt	5.00	35:35	7:07	5	7:18	77	14:27	100.00	13:12:56	7:55	4	2:02:36	59	4:47:32