



16. thüringen ULTRA
Fröttstädt / 06.07.2024

0000

Rui Figueiredo

000: 13:12:56

00: 144

00: 7.57 km/h

0000: 7:55 min/km

00: 100.00 km

00000/000: 69 (of 195)

100 Kilometer

00000/0: 59 (of 156)

000000: 8:25:24

0000:

00000: 4(of 13)

Senioren M45 (45-49)

0000000: 11:10:20

0000

0000

000

| 000 | 00 km | 00 00 | 00 min/km | 00 - | 00 - | 00 0 | 00 0 | 000 | 000 | 000 | 00 - | 00 - | 00 0 | 00 0 |
|------------------|----------|----------|--------------|---------|---------|---------|---------|--------|----------|------|---------|---------|---------|---------|
| 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 |