



16. thüringen ULTRA
Fröttstädt / 06.07.2024

0000

Marcus Lehmann

00: the Schogettes

00: 86

00: 100.00 km

100 Kilometer

0000:

Senioren M45 (45-49)

000: 13:26:05

00: 7.44 km/h

0000: 8:03 min/km

00000/000: 77 (of 195)

00000/0: 66 (of 156)

000000: 8:25:24

00000: 5(of 13)

0000000: 11:10:20

0000

0000

000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000 km	000 00	000 min/km	00 -	00 -	00 0	00 0
Glasbachwiese	27.00	3:25:00	7:35	10	38:59	91	1:10:18	27.00	3:25:00	7:35	10	38:59	91	1:10:18
Floh-Seligenthal	27.00	3:19:55	7:24	4	27:51	56	1:08:02	54.00	6:44:55	7:29	7	1:06:50	70	2:18:20
Finsterbergen	22.00	3:12:56	8:46	5	32:14	54	1:18:00	76.00	9:57:51	7:51	6	1:39:04	58	3:36:20
Waltershausen	19.00	2:55:44	9:14	6	32:28	78	1:15:45	95.00	12:53:35	8:08	5	2:11:32	65	4:49:19
Fröttstädt	5.00	32:30	6:30	3	4:13	49	11:22	100.00	13:26:05	8:03	5	2:15:45	66	5:00:41