



16. thüringen ULTRA
Fröttstädt / 06.07.2024

□□□□

Michael Wiedig

□□: Aschersleben
□□: 219

□□: 100.00 km
100 Kilometer

□□□□:
Senioren M45 (45-49)

□□□: 15:04:42

□□: 6.63 km/h
□□□□: 9:02 min/km

□□□□□/□□□: 148 (of 195)

□□□□□/□: 117 (of 156)

□□□□□□: 8:25:24

□□□□□: 13(of 13)

□□□□□□□: 11:10:20

□□□□

□□□□

□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|------------------|----------|----------|--------------|---------|---------|---------|---------|--------|-----------|-----------|---------------|---------|---------|---------|---------|
| Glasbachwiese | 27.00 | 3:21:40 | 7:28 | 6 | 35:39 | 76 | 1:06:58 | 27.00 | 3:21:40 | 7:28 | 6 | 35:39 | 76 | 1:06:58 | |
| Floh-Seligenthal | 27.00 | 3:20:36 | 7:25 | 5 | 28:32 | 58 | 1:08:43 | 54.00 | 6:42:16 | 7:26 | 6 | 1:04:11 | 67 | 2:15:41 | |
| Finsterbergen | 22.00 | 3:54:36 | 10:39 | 13 | 1:13:54 | 126 | 1:59:40 | 76.00 | 10:36:52 | 8:22 | 9 | 2:18:05 | 91 | 4:15:21 | |
| Waltershausen | 19.00 | 3:37:29 | 11:26 | 13 | 1:14:13 | 129 | 1:57:30 | 95.00 | 14:14:21 | 8:59 | 12 | 3:32:18 | 111 | 6:10:05 | |
| Fröttstädt | 5.00 | 50:21 | 10:04 | 13 | 22:04 | 138 | 29:13 | 100.00 | 15:04:42 | 9:02 | 13 | 3:54:22 | 117 | 6:39:18 | |