



16. thüringen ULTRA

Fröttstädt / 06.07.2024

0000

Achim Rhein

00: Melzer Aktiv Laufteam
00: 114

00: 100.00 km
100 Kilometer

0000:
Senioren M50 (50-54)

000: 13:44:51

00: 7.27 km/h
0000: 8:14 min/km

00000/000: 94 (of 195)

00000/0: 76 (of 156)

000000: 8:25:24

00000: 15(of 31)

0000000: 11:28:32

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000

000	00 km	00 00	00 min/km	00 -	00 -	00 0	00 0	000	000 00	000 min/km	00 -	00 -	00 0	00 0
Glasbachwiese	27.00	3:20:43	7:26	14	33:37	74	1:06:01	27.00	3:20:43	7:26	14	33:37	74	1:06:01
Floh-Seligenthal	27.00	3:18:13	7:20	12	25:44	52	1:06:20	54.00	6:38:56	7:23	12	58:40	63	2:12:21
Finsterbergen	22.00	3:17:35	8:58	12	27:09	59	1:22:39	76.00	9:56:31	7:50	12	1:19:09	56	3:35:00
Waltershausen	19.00	3:08:48	9:56	19	45:01	96	1:28:49	95.00	13:05:19	8:15	15	2:04:10	73	5:01:03
Fröttstädt	5.00	39:32	7:54	22	13:26	103	18:24	100.00	13:44:51	8:14	15	2:16:19	76	5:19:27