



16. thüringen ULTRA

Fröttstädt / 06.07.2024

□□□□

Kay Giese

□□: Post SV Buxtehude
 □□: 6

□□: 100.00 km
 100 Kilometer

□□□□:
 Senioren M50 (50-54)

□□□: 14:29:15

□□: 6.90 km/h
 □□□□: 8:41 min/km

□□□□□/□□□□: 124 (of 195)

□□□□□/□: 98 (of 156)

□□□□□□: 8:25:24

□□□□□: 23(of 31)

□□□□□□□: 11:28:32

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Glasbachwiese	27.00	3:24:02	7:33	18	36:56	87	1:09:20	27.00	3:24:02	7:33	18	36:56	87	1:09:20
Floh-Seligenthal	27.00	3:36:52	8:01	23	44:23	99	1:24:59	54.00	7:00:54	7:47	22	1:20:38	99	2:34:19
Finsterbergen	22.00	3:30:06	9:32	18	39:40	84	1:35:10	76.00	10:31:00	8:18	19	1:53:38	89	4:09:29
Waltershausen	19.00	3:11:24	10:04	20	47:37	100	1:31:25	95.00	13:42:24	8:39	23	2:41:15	92	5:38:08
Fröttstädt	5.00	46:51	9:22	27	20:45	130	25:43	100.00	14:29:15	8:41	23	3:00:43	98	6:03:51