



16. thüringen ULTRA
Fröttstädt / 06.07.2024

0000

Bernward Münster

00: Köln

00: 32

00: 100.00 km

100 Kilometer

0000:

Senioren M55 (55-59)

000: 13:22:25

00: 7.48 km/h

0000: 8:01 min/km

00000/000: 74 (of 195)

00000/0: 63 (of 156)

000000: 8:25:24

00000: 6(of 30)

0000000: 9:29:56

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	3:15:23	7:14	7	17:49	62	1:00:41	27.00	3:15:23	7:14	7	17:49	62	1:00:41
Floh-Seligenthal	27.00	3:30:52	7:48	11	23:51	85	1:18:59	54.00	6:46:15	7:31	10	1:46:04	74	2:19:40
Finsterbergen	22.00	3:19:27	9:03	7	1:04:50	64	1:24:31	76.00	10:05:42	7:58	8	2:50:54	66	3:44:11
Waltershausen	19.00	2:41:37	8:30	6	48:39	48	1:01:38	95.00	12:47:19	8:04	7	3:39:33	63	4:43:03
Fröttstädt	5.00	35:06	7:01	6	12:56	66	13:58	100.00	13:22:25	8:01	6	3:52:29	63	4:57:01