



2. ThüringenULTRA  
Fröttstädt / 05.07.2008

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Pawzik, Heike

□□: LG Nord Berlin

□□: 153

□□: 100.00 km

Thüringen Ultra

□□□□:

Frauen W45

□□□: 13:49:45

□□: 7.23 km/h

□□□□: 8:18 min/km

□□□□□/□□□: 114 (of 141)

□□□□□/□: 15 (of 20)

□□□□□□: 10:12:12

□□□□□: 4(of 6)

□□□□□□□: 10:40:21

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□□□□

□□□

| □□□              | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□    | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|------------------|----------|----------|--------------|---------|---------|---------|---------|--------|-----------|---------------|---------|---------|---------|---------|
| Ruhlaer Skihütte | 24.00    | 3:03:06  | 7:37         | 4       | 25:47   | 14      | 40:30   | 24.00  | 3:03:06   | 7:37          | 4       | 21:01   | 7       | 0:37    |
| Floh-Seligenthal | 26.40    | 3:28:40  | 7:54         | 5       | 47:58   | 15      | 47:58   | 50.40  | 6:31:46   | 7:46          | 4       | 1:08:59 | 7       | 15:03   |
| Finsterbergen    | 24.00    | 3:34:55  | 8:57         | 4       | 57:43   | 14      | 1:04:57 | 74.40  | 10:06:41  | 8:09          | 4       | 2:06:42 | 7       | 29:09   |
| Fröttstädt       | 25.60    | 3:43:04  | 8:42         | 4       | 1:02:42 | 13      | 1:11:57 | 100.00 | 13:49:45  | 8:17          | 4       | 3:09:24 | 14      | 3:37:33 |