



2. ThüringenULTRA  
Fröttstädt / 05.07.2008

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Dilling, Daniela

□□: KSC Strausberg

□□: 33

□□: 100.00 km

Thüringen Ultra

□□□□:

Frauen W45

□□□: 12:02:30

□□: 8.30 km/h

□□□□: 7:13 min/km

□□□□□/□□□: 52 (of 141)

□□□□□/□: 9 (of 20)

□□□□□□: 10:12:12

□□□□□: 3(of 6)

□□□□□□□: 10:40:21

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□□□□

□□□

| □□□              | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□    | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|------------------|----------|----------|--------------|---------|---------|---------|---------|--------|-----------|-----------|---------------|---------|---------|---------|---------|
| Ruhlaer Skihütte | 24.00    | 2:37:19  | 6:33         | 1       | -       | 5       | 14:43   | 24.00  | 2:37:19   | 6:33      | 3             |         |         | 13      |         |
| Floh-Seligenthal | 26.40    | 2:59:11  | 6:47         | 2       | 18:29   | 6       | 18:29   | 50.40  | 5:36:30   | 6:40      | 3             | 13:43   |         | 13      |         |
| Finsterbergen    | 24.00    | 3:02:49  | 7:37         | 3       | 25:37   | 9       | 32:51   | 74.40  | 8:39:19   | 6:58      | 3             | 39:20   |         | 13      |         |
| Fröttstädt       | 25.60    | 3:23:11  | 7:56         | 3       | 42:49   | 11      | 52:04   | 100.00 | 12:02:30  | 7:13      | 3             | 1:22:09 | 9       | 1:50:18 |         |