



3. Thüringen ULTRA

Fröttstädt / 04.07.2009

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Pflug, Brigitte

00: TF Feuerbach

00: 149

00: 100.00 km

Thüringen Ultra

0000:

Frauen W55

000: 14:23:45

00: 6.95 km/h

0000: 8:38 min/km

00000/000: 142 (of 187)

00000/0: 16 (of 24)

000000: 10:20:30

00000: 3(of 4)

0000000: 13:09:34

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000	00	00	00	00	00	00	00	000	000	000	00	00	00	00
	km	00	min/km	-	-	0	0	km	00	min/km	-	-	0	0
Ruhlaer Skihütte	23.96	3:08:22	7:51	2	0:27	15	40:23	23.96	3:08:22	7:51	3	0:27	10	0:37
Floh-Seligenthal	26.92	3:36:33	8:02	3	21:49	18	57:53	50.88	6:44:55	7:57	3	22:16	10	13:32
Finsterbergen	24.12	3:46:04	9:22	3	29:29	17	1:13:29	75.00	10:30:59	8:24	3	51:45	9	21:29
Fröttstädt	24.83	3:52:46	9:22	3	36:05	16	1:11:30	100.00	14:23:45	8:38	3	1:14:11	16	4:03:15