



4. Thüringer ULTRA
Fröttstädt / 03.07.2010

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Knowlton, Alexis

00: Berlin

00: 20

00: 99.83 km

Thüringen Ultra

0000:

Frauen W20

000: 12:49:27

00: 7.72 km/h

0000: 7:43 min/km

00000/000: 87 (of 212)

00000/0: 10 (of 27)

000000: 10:18:40

00000: 1(of 1)

0000000: 12:49:27

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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
Ruhlaer Skihütte	23.96	2:36:18	6:31	1	-	9	21:00	23.96	2:36:18	6:31	1	-	18	
Floh-Seligenthal	26.92	3:01:25	6:44	1	-	11	27:44	50.88	5:37:43	6:38	1	-	18	
Finsterbergen	24.12	3:25:14	8:30	1	-	11	55:01	75.00	9:02:57	7:14	1	-	16	
Fröttstädt	24.83	3:46:30	9:07	1	-	9	1:02:39	99.83	12:49:27	7:42	1	-	10	2:30:47