



# 4. Thüringer ULTRA

Fröttstädt / 03.07.2010

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Melzer, Ines

□□: Heideläufer Jessen

□□: 248

□□: 99.83 km

Thüringen Ultra

□□□□:

Frauen W40

□□□: 13:10:03

□□: 7.58 km/h

□□□□: 7:55 min/km

□□□□□/□□□: 97 (of 212)

□□□□□/□: 11 (of 27)

□□□□□□: 10:18:40

□□□□□: 6(of 12)

□□□□□□□: 10:18:40

□□□□

□□□□

□□□

| □□□              | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□   | □□□<br>km | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|------------------|----------|----------|--------------|---------|---------|---------|---------|-------|-----------|-----------|---------------|---------|---------|---------|---------|
| Ruhlaer Skihütte | 23.96    | 2:52:08  | 7:11         | 8       | 36:50   | 13      | 36:50   | 23.96 | 2:52:08   | 7:11      | 6             | 25:02   | 17      | 2:31    |         |
| Floh-Seligenthal | 26.92    | 2:56:38  | 6:33         | 6       | 22:57   | 10      | 22:57   | 50.88 | 5:48:46   | 6:51      | 6             | 44:10   | 17      |         |         |
| Finsterbergen    | 24.12    | 3:22:41  | 8:24         | 6       | 52:28   | 10      | 52:28   | 75.00 | 9:11:27   | 7:21      | 6             | 1:36:38 | 15      |         |         |
| Fröttstädt       | 24.83    | 3:58:36  | 9:36         | 6       | 1:14:45 | 11      | 1:14:45 | 99.83 | 13:10:03  | 7:54      | 6             | 2:51:23 | 11      | 2:51:23 |         |