



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

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Zietlow, Irina

00: Offenbach
00: 164

00: 100.00 km
Thüringen Ultra

0000:
Frauen W40

000: 14:31:44

00: 6.88 km/h
0000: 8:43 min/km

00000/000: 144 (of 176)

00000/0: 27 (of 36)

000000: 9:26:20

00000: 10(of 12)

0000000: 9:26:20

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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	3:10:04	7:55	9	48:35	23	48:58	23.96	3:10:04	7:55	10	48:35	12	
Floh-Seligenthal	26.92	3:33:11	7:55	8	1:06:08	23	1:06:08	50.88	6:43:15	7:55	10	1:54:43	12	
Finsterbergen	24.12	3:44:14	9:17	11	1:27:19	27	1:27:19	75.00	10:27:29	8:21	10	3:22:02	11	
Fröttstädt	25.00	4:04:15	9:46	11	1:43:22	28	1:43:22	100.00	14:31:44	8:43	10	5:05:24	27	5:05:24