



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

□□□□

Schelhorn, Claudia

□□: Berlin

□□: 1010

□□: 161.00 km

Thüringen ULTRA - 100 Meilen

□□□□:

Frauen W40

□□□: 24:49:11

□□: 6.49 km/h

□□□□: 9:15 min/km

□□□□□/□□□: 53 (of 89)

□□□□□/□: 2 (of 5)

□□□□□□: 21:36:31

□□□□□: 1(of 2)

□□□□□□□: 24:49:11

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Berggasthof Hör:	43.00	6:14:01	8:41	2	56:08	4	1:28:20	43.00	6:14:01	8:41	3	6:14:01	6	6:14:01	
Sondra	28.00	4:23:43	9:25	2	17:35	3	48:32	71.00	10:37:44	8:58	3	10:37:44	6	10:37:44	
Ruhlaer Skihütte	14.00	2:28:59	10:38	1	-	3	31:54	85.00	13:06:43	9:15	3	13:06:43	6	13:06:43	
Brotterode/Kleins:	15.00	2:12:42	8:50	1	-	2	4:22	100.00	15:19:25	9:11	3	15:19:25	6	15:19:25	
Floh-Seligenthal	12.00	1:41:31	8:27	2	7:54	5	12:11	112.00	17:00:56	9:06	3	17:00:56	6	17:00:56	
Finsterbergen	23.00	3:48:20	9:55	1	-	2	15:21	135.00	20:49:16	9:15	3	20:49:16	6	20:49:16	
Fröttstädt	26.00	3:59:55	9:13	1	-	1	-	161.00	24:49:11	9:14	1	-	2	3:12:40	