



5. Thüringen ULTRA  
Fröttstädt / 01.07.2011-02.07.2011

0000

Caninenberg, Ute

00: Hellenthal

00: 157

00: 100.00 km

Thüringen Ultra

0000:

Frauen W45

000: 15:57:45

00: 6.26 km/h

0000: 9:35 min/km

00000/000: 163 (of 176)

00000/0: 31 (of 36)

000000: 9:26:20

00000: 7(of 9)

0000000: 10:13:27

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000

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	3:08:47	7:52	6	43:33	21	47:41	23.96	3:08:47	7:52	8	43:33	16	
Floh-Seligenthal	26.92	3:30:17	7:48	6	56:25	22	1:03:14	50.88	6:39:04	7:50	8	1:39:58	16	
Finsterbergen	24.12	4:23:01	10:54	8	1:48:09	34	2:06:06	75.00	11:02:05	8:49	8	3:28:07	15	28:17
Fröttstädt	25.00	4:55:40	11:49	8	2:16:11	33	2:34:47	100.00	15:57:45	9:34	7	5:44:18	31	6:31:25