



5. Thüringen ULTRA
Fröttstädt / 01.07.2011-02.07.2011

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Keelan, Bettina

□□: Berlin

□□: 1091

□□: 161.00 km

Thüringen ULTRA - 100 Meilen

□□□□:

Frauen W50

□□□: 26:57:43

□□: 5.97 km/h

□□□□: 10:03 min/km

□□□□□/□□□: 71 (of 89)

□□□□□/□: 4 (of 5)

□□□□□□: 21:36:31

□□□□□: 1(of 1)

□□□□□□□: 26:57:43

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□□□

| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ km | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|-------------------|----------|----------|--------------|---------|---------|---------|---------|--------|-----------|-----------|---------------|----------|---------|----------|---------|
| Berggasthof Hör: | 43.00 | 6:23:36 | 8:55 | 1 | - | 5 | 1:37:55 | 43.00 | 6:23:36 | 8:55 | 1 | - | 6 | 6:23:36 | |
| Sondra | 28.00 | 4:44:22 | 10:09 | 1 | - | 4 | 1:09:11 | 71.00 | 11:07:58 | 9:24 | 2 | 11:07:58 | 6 | 11:07:58 | |
| Ruhlaer Skihütte | 14.00 | 2:33:23 | 10:57 | 1 | - | 4 | 36:18 | 85.00 | 13:41:21 | 9:39 | 2 | 13:41:21 | 6 | 13:41:21 | |
| Brotterode/Klein: | 15.00 | 2:25:25 | 9:41 | 1 | - | 3 | 17:05 | 100.00 | 16:06:46 | 9:40 | 2 | 16:06:46 | 6 | 16:06:46 | |
| Floh-Seligenthal | 12.00 | 1:36:45 | 8:03 | 1 | - | 4 | 7:25 | 112.00 | 17:43:31 | 9:29 | 2 | 17:43:31 | 6 | 17:43:31 | |
| Finsterbergen | 23.00 | 4:11:43 | 10:56 | 1 | - | 3 | 38:44 | 135.00 | 21:55:14 | 9:44 | 2 | 21:55:14 | 6 | 21:55:14 | |
| Fröttstädt | 26.00 | 5:02:29 | 11:38 | 1 | - | 5 | 1:02:34 | 161.00 | 26:57:43 | 10:02 | 1 | - | 4 | 5:21:12 | |