



5. Thüringen ULTRA  
Fröttstädt / 01.07.2011-02.07.2011

□□□□

Kraus, Ina

□□: Brauns - Heitmann  
□□: 72

□□: 100.00 km  
Thüringen Ultra

□□□□:  
Frauen W45

□□□: 17:15:39

□□: 5.79 km/h  
□□□□: 10:22 min/km

□□□□□/□□□: 167 (of 176)

□□□□□/□: 33 (of 36)

□□□□□□: 9:26:20

□□□□□: 8(of 9)

□□□□□□□: 10:13:27

□□□□

□□□□

□□□

| □□□              | □□<br>km | □□<br>□□ | □□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ | □□□    | □□□<br>□□ | □□□<br>min/km | □□<br>- | □□<br>- | □□<br>□ | □□<br>□ |
|------------------|----------|----------|--------------|---------|---------|---------|---------|--------|-----------|---------------|---------|---------|---------|---------|
| Ruhlaer Skihütte | 23.96    | 3:44:19  | 9:21         | 9       | 1:19:05 | 36      | 1:23:13 | 23.96  | 3:44:19   | 9:21          | 9       | 1:19:05 | 18      | 31:17   |
| Floh-Seligenthal | 26.92    | 4:17:03  | 9:32         | 9       | 1:43:11 | 36      | 1:50:00 | 50.88  | 8:01:22   | 9:27          | 9       | 3:02:16 | 18      | 56:05   |
| Finsterbergen    | 24.12    | 4:35:45  | 11:25        | 9       | 2:00:53 | 35      | 2:18:50 | 75.00  | 12:37:07  | 10:05         | 9       | 5:03:09 | 17      | 2:03:19 |
| Fröttstädt       | 25.00    | 4:38:32  | 11:08        | 7       | 1:59:03 | 32      | 2:17:39 | 100.00 | 17:15:39  | 10:21         | 8       | 7:02:12 | 33      | 7:49:19 |