



9. Thüringer ULTRA
Fröttstädt / 04.07.2015

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Keller, Karen

□□: Maxsain

□□: 86

□□: 100.22 km

Einzellauf

□□□□:

Seniorinnen W45 (45-49 Jahre)

□□□: 15:10:47

□□: 6.59 km/h

□□□□: 9:05 min/km

□□□□□/□□□: 122 (of 246)

□□□□□/□: 12 (of 31)

□□□□□□: 11:16:52

□□□□□: 6(of 12)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Glasbachwiese	27.39	3:49:22	8:22	11	1:09:14	24	1:09:14	27.39	3:49:22	8:22	11	1:09:14	24	1:09:14
Floh-Seligenthal	27.74	3:57:48	8:34	8	1:08:23	22	1:08:23	55.13	7:47:10	8:28	8	2:17:37	22	2:17:37
Finsterbergen	22.03	3:44:53	10:12	6	59:16	12	59:16	77.16	11:32:03	8:58	6	3:16:53	15	3:16:53
Fröttstädt	23.06	3:38:44	9:29	4	37:02	7	37:02	100.22	15:10:47	9:05	6	3:53:55	12	3:53:55