



10. Thüringen ULTRA

Fröttstädt / 02.07.2016

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Schwede, Bianka

□□: Marathon Mülheim
 □□: 1123

□□: 160.00 km
 100 Meilen

□□□□:
 Seniorinnen W40 (40-44 Jahre)

□□□: 21:35:30

□□: 7.41 km/h
 □□□□: 8:06 min/km

□□□□□/□□□□: 12 (of 108)

□□□□□/□: 1 (of 10)

□□□□□□: 21:35:30

□□□□□: 1(of 2)

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Hörselberg	42.50	4:40:26	6:35	1	-	2	9:16	42.50	4:40:26	6:35	1	-	10	9:16	
Sontra	27.50	4:20:16	9:27	1	-	1	-	70.00	9:00:42	7:43	1	-	1	-	
Glasbachwiese	17.00	2:43:03	9:35	1	-	1	-	87.00	11:43:45	8:05	1	-	1	-	
Gensberg/Brotte	13.00	2:10:56	10:04	1	-	2	1:48	100.00	13:54:41	8:20	1	-	1	-	
Floh-Seligenthal	14.00	1:19:35	5:41	1	-	1	-	114.00	15:14:16	8:01	1	-	1	-	
Finsterbergen	22.00	3:11:50	8:43	1	-	1	-	136.00	18:26:06	8:07	1	-	1	-	
Prefinish	23.50	3:07:51	7:59	1	-	1	-	159.50	21:33:57	8:06	1	-	1	-	
Fröttstädt	0.50	1:33	3:06	1	-	3	0:08	160.00	21:35:30	8:05	1	-	1	-	