



10. Thüringen ULTRA

Fröttstädt / 02.07.2016

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Höschele, Tanja

□□: Straubenhardt
 □□: 1057

□□: 160.00 km
 100 Meilen

□□□□:
 Seniorinnen W45 (45-49 Jahre)

□□□: 22:06:28

□□: 7.24 km/h
 □□□□: 8:17 min/km

□□□□□/□□□□: 15 (of 108)

□□□□□/□: 2 (of 10)

□□□□□□: 21:35:30

□□□□□: 1(of 3)

□□□□□□□: 22:06:28

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| □□□ | □□ km | □□ □□ | □□ min/km | □□ - | □□ - | □□ □ | □□ □ | □□□ | □□□ □□ | □□□ min/km | □□ - | □□ - | □□ □ | □□ □ |
|------------------|----------|----------|--------------|---------|---------|---------|---------|--------|-----------|---------------|---------|---------|---------|---------|
| Hörselberg | 42.50 | 4:31:10 | 6:22 | 1 | - | 1 | - | 42.50 | 4:31:10 | 6:22 | 1 | - | 1 | - |
| Sontra | 27.50 | 4:38:22 | 10:07 | 2 | 13:44 | 3 | 18:06 | 70.00 | 9:09:32 | 7:51 | 1 | - | 9 | 8:50 |
| Glasbachwiese | 17.00 | 2:45:16 | 9:43 | 1 | - | 2 | 2:13 | 87.00 | 11:54:48 | 8:12 | 1 | - | 10 | 11:03 |
| Gensberg/Brotte | 13.00 | 2:09:08 | 9:56 | 1 | - | 1 | - | 100.00 | 14:03:56 | 8:26 | 1 | - | 9 | 9:15 |
| Floh-Seligenthal | 14.00 | 1:24:16 | 6:01 | 1 | - | 2 | 4:41 | 114.00 | 15:28:12 | 8:08 | 1 | - | 9 | 13:56 |
| Finsterbergen | 22.00 | 3:12:48 | 8:45 | 1 | - | 2 | 0:58 | 136.00 | 18:41:00 | 8:14 | 1 | - | 8 | 14:54 |
| Prefinish | 23.50 | 3:24:03 | 8:40 | 3 | 9:30 | 4 | 16:12 | 159.50 | 22:05:03 | 8:18 | 1 | - | 8 | 31:06 |
| Fröttstädt | 0.50 | 1:25 | 2:50 | 1 | - | 1 | - | 160.00 | 22:06:28 | 8:17 | 1 | - | 2 | 30:58 |