



10. Thüringen ULTRA
Fröttstädt / 02.07.2016

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Kratzheller, Silvia

□□: Rot Weiss Hadamar
□□: 176

□□: 100.20 km
100 Kilometer

□□□□:
Seniorinnen W50 (50-54 Jahre)

□□□: 13:10:34

□□: 7.59 km/h
□□□□: 7:53 min/km

□□□□□/□□□□: 93 (of 216)

□□□□□/□: 10 (of 35)

□□□□□□: 9:56:00

□□□□□: 3(of 9)

□□□□□□□: 11:37:24

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Glasbachwiese	27.00	3:17:58	7:19	2	22:19	7	44:12	27.00	3:17:58	7:19	2	22:19	7	44:12
Floh-Seligenthal	27.00	3:13:57	7:10	2	17:37	7	38:04	54.00	6:31:55	7:15	2	39:56	7	1:22:16
Finsterbergen	22.00	3:06:53	8:29	4	16:10	11	45:35	76.00	9:38:48	7:36	2	56:06	7	2:07:51
Prefinish	23.70	3:30:12	8:52	6	36:46	23	1:06:20	99.70	13:09:00	7:54	3	1:32:52	10	3:14:11
Fröttstädt	0.50	1:34	3:07	6	0:21	19	0:24	100.20	13:10:34	7:53	3	1:33:10	10	3:14:34