



10. Thüringen ULTRA  
Fröttstädt / 02.07.2016

□□□□

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

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ 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	