



10. Thüringen ULTRA  
Fröttstädt / 02.07.2016

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Krause, Sybille

□□: WSG 81 Königs Wusterhausen  
□□: 221

□□: 100.20 km  
100 Kilometer

□□□□:  
Seniorinnen W55 (55-59 Jahre)

□□□: 13:21:44

□□: 7.48 km/h  
□□□□: 8:00 min/km

□□□□□/□□□□: 99 (of 216)

□□□□□/□: 14 (of 35)

□□□□□□: 9:56:00

□□□□□: 2(of 6)

□□□□□□□: 13:15:03

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□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□ km	□□□ □□	□□□ min/km	□□ -	□□ -	□□ □	□□ □
Glasbachwiese	27.00	3:37:16	8:02	5	5:12	18	1:03:30	27.00	3:37:16	8:02	5	5:12	18	1:03:30	
Floh-Seligenthal	27.00	3:36:14	8:00	3	9:43	18	1:00:21	54.00	7:13:30	8:01	4	14:05	17	2:03:51	
Finsterbergen	22.00	3:09:34	8:37	2	1:39	15	48:16	76.00	10:23:04	8:11	3	7:09	16	2:52:07	
Prefinish	23.70	2:57:13	7:28	1	-	8	33:21	99.70	13:20:17	8:01	2	6:32	14	3:25:28	
Fröttstädt	0.50	1:27	2:53	2	0:09	15	0:17	100.20	13:21:44	8:00	2	6:41	14	3:25:44	