



10. Thüringen ULTRA

Fröttstädt / 02.07.2016

□□□□

Karle, Birgit

□□: LT Wernau
 □□: 177

□□: 100.20 km
 100 Kilometer

□□□□:
 Seniorinnen W50 (50-54 Jahre)

□□□: 13:59:48

□□: 7.14 km/h
 □□□□: 8:23 min/km

□□□□□/□□□: 124 (of 216)

□□□□□/□: 20 (of 35)

□□□□□□: 9:56:00

□□□□□: 6(of 9)

□□□□□□□: 11:37:24

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □	□□ □	□□□	□□□	□□□	□□ -	□□ -	□□ □	□□ □
Glasbachwiese	27.00	3:47:03	8:24	8	51:24	23	1:13:17	27.00	3:47:03	8:24	8	51:24	23	1:13:17
Floh-Seligenthal	27.00	3:36:29	8:01	6	40:09	19	1:00:36	54.00	7:23:32	8:12	6	1:31:33	22	2:13:53
Finsterbergen	22.00	3:21:52	9:10	7	31:09	19	1:00:34	76.00	10:45:24	8:29	6	2:02:42	21	3:14:27
Prefinish	23.70	3:13:11	8:09	5	19:45	17	49:19	99.70	13:58:35	8:24	6	2:22:27	20	4:03:46
Fröttstädt	0.50	1:13	2:25	1	-	3	0:03	100.20	13:59:48	8:22	6	2:22:24	20	4:03:48